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SECOND EDITION 1953

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PRINTED AND PUBLISHED BY  
WHITCOMBE & TOMBS LIMITED  
CHRISTCHURCH . AUCKLAND . WELLINGTON . DUNEDIN  
HAMILTON . LOWER HUTT . TIMARU . INVERCARGILL  
LONDON . MELBOURNE . SYDNEY . PERTH

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# SOUPS

## ARTICHOKE SOUP

About 6 artichokes and 2 onions. Melt 1 oz. butter in stew-pan, add cut-up onions and simmer a few minutes without browning. Add about 2 pints water, and the artichokes cut up finely. Cook all gently for 40 minutes or so. Strain through sieve, pressing well. Return to pan, add equal quantity of milk, bring to boil, and thicken with flour or cornflour. Season to taste.

## COCK-A-LEEKIE

One fowl, 2 quarts stock, 2 bunches leeks, pepper and salt to taste. Wash the leeks, take off roots and part of the heads. Scald in boiling water for 5 minutes, then cut small. Truss the fowl as for boiling, put it in with the leeks and stock, and boil for 1½ hours slowly, or longer if fowl is not young. Take out the fowl and serve whole, separately, or cut into neat pieces and serve with the soup. Thicken the soup with fine oatmeal or cornflour.

## CREAM OF MUSHROOM SOUP

Four cups milk, 4 tablespoons butter, 1½ teaspoons salt, speck of pepper, 4 tablespoons flour, ½ teaspoon grated onion, ¾ lb. mushrooms. Melt butter in saucepan. Add mushrooms, washed, stemmed and sliced. Cook 3 minutes. Then add flour and seasoning while stirring. When smooth, add milk, and stir till smooth. Cook 35 minutes.

## CREAM OF BARLEY SOUP

A knuckle of veal about 2 lb., 3 oz. pearl barley, 4 pints cold water. Wash barley and soak overnight. Cut up the meat from knuckle, and put it with bone into saucepan, with water, 1 teaspoon salt, and the barley. Bring slowly to the boil, skim, and simmer slowly 2 or 3 hours. Strain through sieve, rubbing through as much as possible of the meat and barley. Return this to saucepan and add equal quantity of milk, or sufficient to make desired thickness.

### CREAM OF PARSNIP SOUP

Lightly take the outside skin off 3 medium parsnips, and mince them. Simmer for half an hour with 1 cup of water. Press all through a sieve, and return the pulp and the liquid to the saucepan. Add salt to taste, and 1 pint of milk. Thicken with cornflour, add 1 or 2 tablespoons of finely chopped parsley, and serve very hot.

### CREAM OF TOMATO SOUP

Slice about 1 lb. tomatoes and a small onion. Cook slowly in a little butter till the tomatoes are soft and mushy. Add a pinch of baking soda and put through sieve. To every pint of tomato pulp allow 1 $\frac{1}{4}$  pints milk. Bring milk to the boil and thicken with a tablespoon of cornflour moistened with a little cold milk. When it is boiling, slowly add the tomato pulp. Season to taste with pepper, salt and a little sugar, and serve with sippets of toast. Half a cup of cream added is an improvement.

### FISH SOUP

Some fish heads and bones, bought cheaply from fish monger, cover well with water and boil for about half an hour. Strain through fine sieve into clean saucepan (to make sure there are no scales). Add an equal quantity of milk, a little grated onion and carrot to taste, chopped parsley, pepper and salt. Thicken to required consistency with cornflour mixed with a little milk, just before serving add a good knob of butter, which makes a smoother soup. Serve very hot.

### KIDNEY SOUP

One pound ox kidney, 2 carrots, 1 turnip, 1 or 2 onions, 1 tablespoon chopped parsley, 3 pints stock or water,  $\frac{1}{2}$  oz. flour, 1 oz. butter, pepper and salt. Wash and cut the kidney and vegetables into small pieces, and fry in the fat for about 5 minutes. Add the liquid, simmer for about an hour, thicken with the flour, and add chopped parsley.

### MINESTRONE SOUP

Cut into small dice 2 small leeks, 1 small onion, 1 small carrot,  $\frac{1}{3}$  small turnip,  $\frac{1}{2}$  stick celery, 1 small potato, also 1 oz. lean

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Use HANSELL'S CREAM OF TARTAR in your cooking

bacon and  $\frac{1}{2}$  oz. fat bacon. Crush one clove garlic, and fry all gently in 1 oz. butter. Shred 2 oz. cabbage, and cook with rest of vegetables in 2 pints good stock till soft. Simmer 30 minutes. Add 2 tablespoons cooked green peas, 1 oz. rice or small macaroni, and continue to cook slowly for 30 minutes. Stir occasionally. Season to taste. Put in bottom of soup tureen 1 teacup cream or top milk, pour in soup. Sprinkle  $\frac{1}{4}$  oz. grated cheese into soup.

### MEATLESS SOUP

Grate 1 large carrot, 1 small swede, 2 large onions, 1 apple, 2 large slices of pumpkin, and 2 large potatoes. Cover  $\frac{1}{2}$  cup macaroni well with water, add the grated vegetables, and boil for about 2 hours. Add pepper and salt, 4 cups milk, a little sugar, and  $\frac{1}{2}$  cup home-made tomato sauce before serving. Thicken to taste with flour or cornflour mixed with milk.

### MULLIGATAWNY SOUP

Chop finely 2 onions and 1 apple, and fry to a nice brown in  $1\frac{1}{2}$  oz. melted butter. Add 1 tablespoon curry powder, 1 dessert-spoon chutney, and 2 oz. flour. Mix well together then add gradually 2 pints good stock, stirring well. Add 1 teaspoon lemon juice, 1 dessertspoon sugar,  $\frac{1}{2}$  teacup rice, and salt to taste. Stir till it boils, and simmer 20 to 30 minutes. Serve the rice in the soup.

### MULLIGATAWNY SOUP (Sunshine)

Add to prepared Sunshine Mulligatawny Soup a finely diced apple and onion together with a spoonful of loose cooked rice. Fry the apple and onion together in butter and add just before serving.

### MULLIGATAWNY SOUP (Indian)

Melt  $\frac{1}{4}$  lb. butter in saucepan and in it fry a carrot, 2 or 3 onions, and a green apple peeled and chopped. Add small chicken, boned and cut up small, or a young rabbit, or about  $1\frac{1}{2}$  lb. of lean neck of mutton cut small. Let brown slowly, adding pepper and salt to taste. Add  $1\frac{1}{2}$  tablespoons good Indian curry powder, and continue frying, stirring, for about 10 minutes. Then add about a quart of stock, made by boiling the bones

from the chicken or rabbit—or mutton broth, also 2 tablespoons rice and 2 potatoes cut small. Simmer all slowly for an hour or so. Allow to cool, skim off the fat, heat up again, and serve, adding sugar to taste.

### MUSHROOM SOUP

Half pound mushrooms, 1 cup water,  $1\frac{1}{2}$  cups milk, butter size of walnut, pepper and salt, 1 dessertspoon cornflour. Skin or peel mushrooms, and break in small pieces. Put in saucepan with the water, and simmer till tender, about 15 minutes. Then add milk, butter, pepper and salt, and cornflour previously mixed with a little milk. Bring to the boil, letting it thicken, and stirring to prevent it sticking.

### OYSTER SOUP

Two dozen fresh oysters, bearded and cut in half, and their liquor,  $1\frac{1}{2}$  oz. butter,  $1\frac{1}{2}$  oz. flour,  $\frac{3}{4}$  pint milk, 1 dessertspoon chopped parsley, pepper and salt. Melt the butter, add the flour, stir till smooth, cooking a little. Add the hot milk gradually, and the oyster liquor, stirring well. Cook till it thickens. Then put in oysters, pepper and salt to taste. Do not cook any longer, only allow oysters to heat through on very low heat. Add chopped parsley, and serve.

### OYSTER, CORN AND CELERY CHOWDER (U.S.A.)

One cup tinned corn (or fresh cooked corn),  $1\frac{1}{4}$  cups diced celery,  $\frac{1}{4}$  teaspoon paprika, 2 cups water, 1 cup halved oysters,  $\frac{1}{2}$  teaspoon salt, 2 cups rich milk, 1 tablespoon butter, few grains cayenne. Put the corn, celery, water and seasonings together in a saucepan and bring to a slow boil. Place the oysters in a strainer and set over the boiling corn mixture. Cover closely and cook until the edges of the oysters "ruffle", about 12 minutes. Then add the milk to the cooking corn. Cook 5 minutes longer, add the oysters and butter, and serve.

### OX TAIL SOUP

One ox tail, a slice of ham, 1 carrot, 1 turnip, 2 small onions,  $1\frac{1}{2}$  quarts of water, 1 oz. butter, 1 leek, 1 head of celery, 1 bunch herbs, 1 bay leaf, 4 cloves, 12 peppercorns, 1 dessertspoon salt, or to taste. Cut the tail into pieces and fry in pot with butter

and sliced onion. Shake the pot occasionally to prevent sticking. Then add the sliced vegetables, the herbs, peppercorns, and a cup of water. Cook for about 10 minutes, stirring occasionally. Then add rest of cold water and salt. Simmer gently 2 or 3 hours, or until the tail is tender. Take out the tail, strain the soup, thicken with flour, and put back some of the pieces of the meat. Re-heat.

### PUMPKIN SOUP

Two pounds pumpkin, small onion, butter and milk. Prepare the pumpkin, cut into small pieces and boil in salted water, with a small onion to flavour. When cooked, strain off a little of the water, mash, then add a good tablespoon butter, and milk to make up the required quantity, add pepper and more salt if necessary, and thicken with a little cornflour and milk.

### SPLIT PEA AND CELERY SOUP

One cup split peas, 2 tablespoons butter,  $1\frac{1}{2}$  cups shredded celery tops, 2 tablespoons flour,  $2\frac{1}{2}$  quarts boiling stock, or any liquid left from boiling ham, tongue, etc., 2 additional tablespoons butter, 2 teaspoons salt,  $\frac{1}{4}$  teaspoon pepper, 1 onion sliced, 1 teaspoon sugar. Soak the peas overnight, drain and add to the boiling water or stock, with the celery tops and the onion fried lightly in the butter. Cover and simmer until the peas are soft from 2 to 3 hours. Rub through a sieve, bring to the boil again, and thicken with the flour and the butter blended together. Season with salt, pepper and sugar.

### PEA SOUP WITHOUT MEAT

Half pound dried peas, 3 pints water, 2 turnips, 2 carrots, 2 onions, oatmeal, pepper and salt. Soak the peas all night. Next day, boil till tender in the 3 pints of water. Push through sieve, and put back into the water with carrots and turnips, diced, and the sliced onions. Let the soup simmer for 2 hours, then thicken with oatmeal and season with pepper and salt.

### PIPI SOUP

Make like the Toheroa Soup.

## RABBIT SOUP

Cut up a rabbit, cover with water, add a cut-up onion and carrot or two, and boil until the meat leaves the bones. Spring onions may be used, and also a turnip if liked. Strain, and return to saucepan. Add  $\frac{1}{2}$  pint of milk, thicken with flour or cornflour, and season to taste. Some of the rabbit meat should be put back into the soup. Good and nourishing.

## SCOTCH BROTH

Two pound neck mutton, 4 pints cold water, 1 turnip diced, 1 tablespoon chopped parsley, 1 carrot diced, 3 tablespoons pearl barley, 1 good sized onion diced, pepper and salt, 2 leeks chopped small, a small cauliflower (or  $\frac{1}{2}$  small cabbage) cut up small. Cut mutton into small pieces, put in saucepan with the cold water, bring slowly to the boil, then skim. Add the prepared vegetables and barley. Simmer gently for 2 to 3 hours, with lid on. Just before serving, add parsley and season to taste with pepper and salt.

## SCOTTISH POT-AU-FEU

Remove the fat as far as possible from about 3 lbs. of neck or forequarter of lamb or mutton, but keep the meat in a single piece. Place it in a deep saucepan with about 2 quarts cold water, 3 medium onions, peeled and diced, and 4 tablespoons pearl barley soaked overnight, 3 teaspoons salt. Cover closely and cook gently about  $2\frac{1}{2}$  hours. After an hour put in a cauliflower, broken into small fleurettes. At serving time, remove the meat, cut off a little and put small pieces back into the tureen with the soup. Serve the meat itself as a second course with any desired fresh vegetable.

## TINNED TOHEROA SOUP

One tin toheroas, 1 pint milk, small pot cream, and some fish heads. Boil the fish heads in water for 20 minutes with a pinch of salt. Strain, return stock to saucepan, add minced toheroas, and a little grated onion to taste. Simmer gently  $\frac{1}{4}$  hour, add milk. Thicken with a little flour moistened with water, and lastly before serving, add whipped cream. Cream may be omitted.

### TOHEROA SOUP

Mince raw toheroas with a little onion and parsley. Put in saucepan with 2 cups water to 1 cup toheroas, and simmer gently till nice and soft—about  $\frac{1}{2}$  hour. Put through a coarse sieve. Add milk to taste, thicken with cornflour, add pepper and salt, add a knob of butter. Add pinch of nutmeg at the very last.

### SHIN SOUP

Two pound shin of beef, 1 quart water, 2 cut-up onions, pepper and salt. Take the marrow out of the bone and put in saucepan. When hot, put in the cut-up meat and simmer for about 5 minutes, stirring often. Then add the water, the onions and bone. Boil 2 hours.

### VEGETABLE SOUP

Six fairly large potatoes, 1 onion, 1 turnip, 6 cups vegetable water, 1 cup milk, 1 parsnip, teaspoon salt and little pepper, teaspoon sugar, small piece of butter, white part of silver beet, 2 carrots, piece of pumpkin. Heat butter, and cook cut-up vegetables in it a little, but do not brown them. Add the water, and boil till tender. Mash the vegetables, and return them to the saucepan of water they were cooked in. Add the milk, and 2 teaspoons of Marmite. Stir and simmer 5 minutes. Serve with dry toast. A little more milk can be added if desired.

# FISH

## BATTER FOR FISH

1. Put 4 oz. flour in basin. Into this drop an egg yolk. Beat in, add a little tepid water and make a smooth batter. Leave 10 minutes. Beat white stiff with a pinch of salt, and add. Dip fish in, and fry in boiling clean fat.

2. Another way is to have the egg white beaten in one dish and the egg yolk beaten in another. Dip fish first in egg yolk, then in breadcrumbs or flour, then in egg white and fry.

## BATTER (Eggless)

If using oysters, use oyster liquor, otherwise any vegetable stock, or milk. One cup white flour, pepper and salt, 1 level teaspoon baking soda, 2 level teaspoons cream of tartar. Sift all together, and add sufficient liquid (about  $\frac{3}{4}$  cup) to make batter. Add a little yellow food colouring to make it look as though it has eggs in it.

## BUTTERFISH AND OYSTERS

Butter a casserole. Put a layer of butterfish, rub with lemon, put a few dabs of butter. Then a layer of oysters, then another layer of butterfish. Have the oysters rolled in crushed crackers or wheatflakes. Bake in a moderate oven.

## CRAYFISH DELICIOUS

Break the meat from a medium sized crayfish, not forgetting the tasty filling to be found in the claws, and put into a well greased pie dish. Make white sauce with two tablespoons each of butter, flour, seasoned with salt and pepper. Melt butter and stir in flour gradually. Bring one pint milk to the boil, and blend the butter and flour mixture with this, stir well and when thick enough pour over the crayfish. Cover top with dry breadcrumbs and bake about 20 minutes in a moderate oven. Enough for 4 to 5 people. Nice with creamed potatoes.

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Use HANSELL'S JELLY CRYSTALS for best results

### **CRAYFISH-CONTINENTAL**

Slice the meat from a large cooked crayfish and put in saucepan with some melted butter. Cook for a few minutes—now add seasoning to taste, and half a wine glass of white wine (or lemon.) Finally add one or two egg yolks and a spoonful cream. Stir till it thickens but do not boil. Serve hot or cold with chopped chives or parsley.

### **CRAYFISH CROQUETTES**

Two cups diced crayfish,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon mustard, lemon juice, 3 tablespoons flour, 3 tablespoons butter, 1 cup milk, breadcrumbs and egg. Mix together crayfish, salt, mustard and lemon juice. Make a white sauce with butter, flour and milk. Mix and cool, shape into croquettes, dip in crumbs and beaten egg, and crumbs again. Fry in very hot fat till golden brown. Serve with tomato sauce.

### **CRAYFISH SALAD**

One crayfish, 1 lettuce, cooked and mashed potatoes, tomatoes or radishes, salad dressing. Split the crayfish in two and turn the tap on to clean. Drain, break, and take the flesh from the legs. Then chop, or break into small pieces the remainder of the fish. Add to this, well mashed potatoes, and mix well, seasoning with salt and pepper. Place in a salad bowl, with prepared lettuce on the top and tomatoes and radish. Pour over this a dressing as follows: Place in a saucepan 2 beaten eggs, 2 tablespoons of sugar. Beat in one teaspoon of made mustard, a little salt and pepper, knob of butter (walnut size), 3 tablespoons of hot water, and 4 tablespoons vinegar. Heat all till thick and add  $\frac{1}{2}$  cup of cream.

### **CRAYFISH MOULD**

One crayfish, 1 dessertspoon gelatine, pinch of mace, 1 tablespoon vinegar, 1 tablespoon chopped parsley, salt and pepper to taste. Take meat from cooked crayfish and chop finely. Put into basin and mix with the seasonings. Dissolve gelatine in 1 cup water (hot) and let it cool until it begins to set, then whip until it becomes quite spongy. Add crayfish, mix all well and place aside to set. Serve with lettuce salad and dressing.

## CRAYFISH SUPREME

One small crayfish, 1 large onion, 1 pint of milk. Put  $\frac{1}{2}$  milk in saucepan with sliced up onion and boil till onion is tender. Thicken with tablespoon flour, add balance of milk, and add pepper and salt. Then add the cut-up crayfish with some chopped parsley and a little grated cheese. Serve on hot buttered toast.

## CRAYFISH AND POTATO DELIGHT

Two pounds cooked mashed potatoes, 3 oz. grated cheese,  $1\frac{1}{2}$  oz. butter,  $1\frac{1}{2}$  oz. flour, a little milk, pepper and salt. A medium sized crayfish—shell and flake the fish. Line a buttered piedish with some of the mashed potatoes, then melt the butter in a saucepan. Stir in the flour, add the milk, and stir until it is boiling. Cook for a few minutes, then add the 3 oz. grated cheese, pepper and salt. Place this back on the fire and just bring to the boil once more. Remove from the fire and add flaked crayfish. Stir well and pour into the potato lined dish. Pile rest of potatoes on top. Press into shape with fork, add a few small knobs of butter, and put in medium oven till potatoes are well browned.

## FISH AND CHEESE

Spread fillets of flounder with a little finely grated onion, pepper and salt, and a good quantity of grated cheese. Lay in buttered dish, put on cover, and bake 20 minutes. Have ready 1 cup good white sauce, pour over, and sprinkle with more grated cheese. Brown in oven. Lastly sprinkle with crushed flakes.

## FISH FILLETS (With Cheese)

Squeeze lemon juice over fillets of fish, sprinkle with finely chopped or grated onion, then grated cheese, pepper and salt. Roll up each, and place in buttered dish. Cover with lid, bake 20 minutes. Then pour over good white sauce (may add parsley if desired) sprinkle more cheese, and put back to brown.

## FISH WITH MUSHROOMS

Cook mushrooms in butter till tender. Rub fillets with lemon juice. Cool and chop mushrooms, spread on fillets, roll up, cook 20 minutes in well buttered casserole.

### FISH FRIED IN OIL (Jewish)

Flounders or soles are best. After filleting, sprinkle with salt and let stand for a time. Wash off salt and dry thoroughly with clean cloth. Roll in flour and dip in well beaten egg, which has a dessertspoon of cold water mixed in. In the meantime have oil boiling in frying pan, put fish into it and fry a golden brown. Drain on brown paper. Garnish with slices of lemon and parsley. Fish may be eaten hot or cold.

### FISH CUSTARD

Butter a pie dish and put in fillets of fish, season and sprinkle with lemon juice. Melt 1 oz. butter, mix in 2 tablespoons whole-meal or white flour, 1 teaspoon chopped parsley, 1 teaspoon curry powder. Work in 2 beaten eggs and  $\frac{1}{2}$  pint milk. Pour over fish. Stand pie dish in a tin of water and bake in a moderate oven for half an hour.

### FISH DISH

Four fillets of good fish, 2 tablespoons flour, 2 tablespoons butter. Melt butter, add flour to make sauce, then add slowly about 2 cups milk. Cook until it thickens and add pepper and salt, paprika, parsley, and about a good breakfast cup grated cheese. Butter a dish, put in first the fillets, pour over the sauce, cover, and cook till tender. Take the lid off the last thing, if you like. Serve with creamed carrots and mashed potatoes.

### FISH PASTY

Line a deep pie plate with pastry. Flake up cold cooked fish, mix with white sauce, season with pepper and salt, chopped gherkins, or cucumbers, or herbs, or grated onion, and plenty of chopped parsley. Fill the pastry shell with the mixture, put on a thin top of pastry, or criss-cross the top with strips of pastry. Bake in hot oven, reducing the heat after the first 15 minutes.

### FISH PATTIES OR CAKES

Flake up cold fish, add breadcrumbs, pepper and salt, and work in a little butter. Form into a nice dough. May add a beaten egg or a little milk. Fill greased patty pans, save a little egg to brush over the top. Brown in hot oven—about 10 minutes. Or form into little flat cakes and fry brown on both sides in very little fat.

### FISH (Curried)

One onion, 1 tablespoon lemon juice, 1 or 2 teaspoons curry powder, 1 oz. butter,  $\frac{1}{2}$  pint milk or stock, 1 teacup rice. Cut smoked fish or fresh fish into cubes, fry a few minutes in butter, add onion grated, and curry powder, and fry a little. Add stock or milk and simmer gently  $\frac{1}{2}$  hour, then thicken with 1 dessert-spoon cornflour blended with milk. When ready to serve add lemon juice and garnish with rice, which should be boiled in plenty of salted water for 20 minutes, then drained and well shaken and dried.

### FISH PIE (Left Over)

Steam the fish, and flake it up. Melt 2 tablespoons butter in a saucepan, add  $\frac{1}{4}$  teaspoon grated nutmeg, pepper and salt—work in 1 large tablespoon flour, and  $1\frac{1}{2}$  cups milk,—stir till it thickens. Add a little lemon juice and beat well. Then put in the flaked fish. Line a buttered pie dish with mashed potatoes—put in the fish mixture, and cover with mashed potatoes. Put dabs of butter on top, and put in the oven to brown nicely.

### FISH PIE

Cooked flaked fish, 2 hard boiled eggs, 1 dessertspoonful chopped parsley,  $\frac{1}{2}$  pint white sauce, seasoning, 1 breakfast cup wholemeal or white breadcrumbs. Mix together sauce, fish, parsley, and seasoning. Place in a greased pie dish, alternate layers of hard-boiled eggs, and fish mixture, sprinkle breadcrumbs on top, and dot with butter. Moderate oven.

### FISH PUFF CAKES

Two schnapper fillets, 1 egg, 3 tablespoons milk,  $1\frac{1}{2}$  teaspoons onion juice, 2 heaped tablespoons flour, 1 teaspoon baking powder, 2 tablespoons finely chopped parsley, salt and pepper. Steam fish for just long enough to skin easily. Bone and flake. Beat egg well, add milk and seasoning, sift in flour and baking powder, add flaked fish. Fold all lightly together, and drop in tablespoonfuls into hot fat. Brown one side, then turn. Drain on white paper. Serve with chip potatoes.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### FISH PUFFS

To every pound of mashed potatoes, allow  $\frac{1}{2}$  lb. of white cooked flaked fish, 1 large or 2 small peeled tomatoes, cut in slices, 1 teaspoon fine parsley, pepper and salt, 1 well beaten egg. Mix and fry tablespoonfuls in fat till golden brown.

### FISH RAREBIT

This is best made with groper (or hapuka). Season the fillets with pepper and salt and sprinkle with lemon juice, put them into a pie dish or casserole with a small knob of butter on each, and bake in moderate oven for 15 minutes. Make a good sauce by melting gently 1 oz. butter in a little pan, and add 3 oz. of thinly sliced cheese (the packaged is best for this), with a seasoning of pepper and salt, and about  $\frac{1}{2}$  teaspoon of freshly made mustard. Pour this over the baked fillets, and lightly brown in oven.

### FISH SALAD

Two pounds of cold steamed fish flaked in small pieces. Line salad bowl with lettuce leaves, pile fish in centre. Cover with mayonnaise and decorate with parsley. Round base of fish arrange watercress, diced cooked beetroot, sliced tomato and cucumber.

### FISH SAUCE

Two tablespoons of butter (or fat), 2 tablespoons prepared mustard, 5 teaspoons flour, 2 teaspoons salt, 2 egg yolks,  $1\frac{1}{2}$  cups milk, 1 tablespoon lemon juice. Melt butter, then add the next three ingredients—blend. Beat yolks and add milk, and stir into the mustard mixture. Cook in a double boiler for five minutes. Add lemon juice just before serving on fillets.

### GRILLED FISH WITH MUSTARD SAUCE (Herrings)

Two tablespoons butter, 1 minced onion, 2 tablespoons flour, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon dry mustard, 2 tablespoons vinegar,  $\frac{1}{2}$  cup water. Melt the butter, add onion—cook—till yellow. Stir in the flour, sugar and mustard. Add the vinegar, and gradually, the water, stirring constantly till it boils. In meantime wipe dry the fish—sprinkle with salt and pepper place on oiled broiler rack

and broil from 12 to 15 minutes, turning over. Place on hot dish, and strain the sauce around (to remove the onion). Serve plain or with mashed potatoes.

### INKY PINKY FISH PIE

One medium sized can of salmon or 1 lb. boiled white fish, pinch of ground mace, or curry powder,  $\frac{1}{2}$  teaspoon vinegar,  $\frac{1}{2}$  pint parsley sauce, 4 large potatoes, salt and pepper to taste. Boil and drain, then mash potatoes till smooth. Add hot milk and butter to taste. Beat till fluffy. Season with salt and pepper. Remove any bone or skin from fish. Flake fish, add to parsley sauce, and season with mace or curry powder, and salt and pepper, flavour with vinegar. (If liked, stir in  $\frac{1}{2}$  teaspoon anchovy essence or 1 teaspoon minced capers into sauce before using). Place mixture in a greased pie dish. Cover with mashed potatoes. Ornament with fork. Brush with melted butter. Bake in moderate oven till golden brown.

### JELLIED FISH

Dissolve  $1\frac{1}{2}$  dessertspoons of powdered gelatine in  $\frac{1}{2}$  cup of hot water, add 2 tablespoons lemon juice, 1 dessertspoon vinegar, a teaspoon of salt and then 1 breakfast cup of cold water. Pour a little of this liquid into a mould or basin, and stand in cold water to set quickly. When it is firm, arrange slices of hard boiled egg upon it, for a decoration. Then just cover with a little more of the liquid and let it set, or nearly so. Meanwhile mix together 2 cups of flaked, cooked fish, a dessertspoon of chopped pickles—(gherkins or cucumbers are the best for this)—and a few chopped capers. Now fill the mould with layers of flavoured fish and slices of hard boiled egg. About 2 eggs altogether should suffice. Pour over all the now-thickening gelatine liquid and leave the mould to set. Serve with lettuce and salad dressing. The cold liquor in which the fish was cooked may be used instead of the cold water.

### KROMESKIES (Fish Roes)

Simmer the roes for 10 minutes in salted water with a dash of vinegar. Then cut them into suitable slices, and wrap a rasher of bacon around each piece, fastening with a skewer. Dip into batter and fry in boiling fat. Remove skewer, and serve on slices of fried bread.

## KEDGEREE

Two cups cooked fish (smoked may be used),  $\frac{1}{2}$  pint white sauce, 2 cups boiled rice, seasoning, 1 egg, little nutmeg, chopped parsley and hard boiled egg to garnish. Mix all together. Make very hot in saucepan, season, and pile on to a hot dish. Garnish with the chopped parsley and sieved yolk of egg and the white cut into fancy shapes.

## LOBSTER NEWBERG (or Crayfish)

Two tablespoons butter, 1 glass sherry, 1 tablespoon flour, salt and pepper, 1 cup or more milk, cream, 2 egg yolks, 1 teaspoon lemon juice. Melt the butter, stir in flour, when cooked add the milk, stirring till very smooth and creamy. Pour in the well-beaten yolks, a little more milk if necessary, lemon juice and sherry. Blend thoroughly, add the lobster cut up. The "coral" and fat should have been well rubbed into the sauce. Heat through but do not boil crayfish or lobster. If using scallops or oysters they may be simmered a little.

## MACARONI AND FISH PIE

Three ounces of macaroni, 1 oz. grated cheese, 1 oz. of shredded suet,  $\frac{1}{2}$  oz. of flour,  $\frac{1}{4}$  pint of milk, 5 oz. of cold fish (gropers, terekahi, gurnet),  $\frac{1}{2}$  teaspoonful of finely chopped parsley, (if liked), 1 teaspoonful of mustard, 1 egg, salt. Break the macaroni into pieces of approximately the same size and throw into a pan of fast-boiling water. Boil until tender and thoroughly cooked. Melt the fat in a saucepan, mix the flour and mustard well and stir into the melted shortening, add the milk by degrees, bring to the boil, stir, and simmer 8 minutes. Flake the fish, free it from bones and skin, break the egg into a basin and beat well, and add both egg and fish to the sauce. Then strain the macaroni, getting it as free from moisture as possible, and add to the sauce and fish. Lastly sprinkle in the cheese. Pour into a greased pie dish or other similar dish, and brown under the grill or in the oven.

## MOCK OYSTER SAUCE ON TOAST (Using Sardines)

Make good white sauce, with  $\frac{1}{2}$  pint of milk, a knob of butter, pepper and salt, and thickened with cornflour (not very thick). Mash up the contents of a tin of sardines, and put into the white sauce. Serve on hot buttered toast.

## MOCK WHITEBAIT FRITTERS

Mash up a tin of sardines and remove bones, etc. Make a good batter, and beat in the mashed sardines. Let stand a little while, then cook spoonfuls in hot fat, like ordinary fritters. Very nourishing and tasty.

## OYSTER CELERY TARTS

Two cups celery soup made with Sunshine Soup Powder, oyster liquor and milk,  $\frac{1}{2}$  pint oysters, 1 cup cooked green peas, 1 cup lightly cooked diced celery, pepper and salt, crisp bacon, lemon sections, and tart shells. Put the oysters to heat in the strained oyster liquor until the edges begin to curl. Add the hot soup with the vegetables. Make very hot, and serve at once in hot baked tart shells. Criss-cross bacon on top. Serve with lemon sections.

## OYSTER CROQUETTES

One cup cooked fowl chopped finely, 1 pint oysters, bread-crumbs, 1 tablespoon butter, a beaten egg, a little cream or milk, lemon juice, celery salt, cayenne pepper, onion juice, 1 tablespoon flour, salt. Put the oysters with their liquor, into a stewpan and heat them well through, then drain them. Melt the butter in a pan and stir in the flour, add the liquor from the oysters, making up the amount of liquid to one cup with milk or cream. Stir continuously while the sauce boils for 5 minutes, adding salt to taste. Take the finely chopped fowl, season it with celery salt, cayenne, lemon juice and onion juice. Mix with the sauce, and add a few breadcrumbs to stiffen it. Make it into balls, putting an oyster in the centre of each. Brush it over with beaten egg, or dip them in, cover thickly with breadcrumbs, and fry in hot fat. Serve the croquettes on a hot dish, surrounded by green peas which have been tossed in butter. Cold flaked fish may be substituted for the fowl.

## OYSTER MORNAY

Wash oysters in cold water. Place each back on its shell, or on a flat dish. Make a good white sauce, and when thick add grated cheese, pinch salt, and pinch cayenne pepper. Cover each oyster with spoonful of sauce. Sprinkle with more grated cheese, and brown under griller.

## OYSTER CASINO

Wash and open oysters. Into each half shell put  $\frac{1}{2}$  teaspoon strained oyster liquor, a few drops of lemon juice, then the oyster sprinkled with salt and pepper, and covered with buttered crumbs. On each lay a square of bacon, and put in a hot oven for 10 or 12 minutes. If the half shells are embedded in coarse salt, they will be kept from tipping. Shallow oven-ware little dishes may be used.

## OYSTER AND FISH PIE

One pound of cold fish, 1 cup of white sauce (made with oyster liquor as well as milk), 1 teaspoon chopped parsley, salt and pepper to taste, 1 dozen oysters, 1 teaspoon butter,  $\frac{1}{2}$  lb. flaky pastry. Pick the fish from the bones, and put half into a well-buttered pie dish, then put a layer of oysters, a little parsley, pepper and salt and half the white sauce, then add remainder of fish, oysters, parsley, white sauce etc., cover with breadcrumbs, place pieces of butter over the top, roll out the pastry, and cut into narrow strips, twist and lay them across the top, then place some more strips the other way. Bake in a fairly hot oven.

## POTATO AND FISH SOUFFLE

One cup cooked fish, 2 eggs, little milk, salt, chopped parsley, 1 cup mashed potatoes, 2 tablespoons butter, dash lemon juice, pinch ground ginger. Place butter and milk over low heat. Add potatoes and beat. Add egg yolks. Add fish flaked and seasoning. Fold in stiffly beaten whites. Cook in buttered casserole in quick oven about 20 minutes. Leave room to rise.

## RUSSIAN FISH PIE

Cooked flaked fish, flaky pastry, 2 hard-boiled eggs. Cut the pastry into 2 big squares. Flake up the cooked fish in a basin with pepper and salt, and lemon juice, sprinkle with cayenne or paprika. Mix in some white sauce. Put a mound on each square of pastry, cover mound with sliced hard boiled eggs. Brush edges of pastry with water or milk, bring up the corners and make it look like an envelope. Glaze with milk, bake approximately 25 minutes in a hot oven.

## ROE SCALLOPED

Wash and simmer the roe for 10 minutes in salted water with 1 tablespoon of vinegar. Cut in small pieces, and re-heat in a good white sauce. Serve in a border of mashed potatoes, or with toast fingers. It may also be put into a greased pie dish, covered with buttered crumbs and browned in the oven.

## ROLLED FILLETS WITH SPANISH SAUCE (American)

One and a half pounds of fish or 6 fillets such as flounder, etc. 1 cut clove of garlic, 3 tablespoons of butter or substitute,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 2 teaspoons lemon juice,  $\frac{1}{2}$  teaspoon minced or grated onion. Wipe the fillets with damp cloth. Rub inside of a saucepan with garlic. Melt the butter in the saucepan, then add salt, pepper, lemon juice and little minced onion. Dip each fillet in this butter coating both sides. Then roll up the fillets like jelly rolls, holding in place with toothpick or metal skewers, or tying with string. Arrange these, side by side, in a baking dish and bake in a hot oven of  $450^{\circ}$  for 15 minutes. To brown, slip under the broiler heat, serve from same dish, or on a platter with Spanish Sauce as follows:—One cup sliced onions, 4 tablespoons fat or oil, 1 bay leaf, 1 can tomatoes (large size), 2 teaspoons salt, dash pepper, 1 diced green pepper, 2 whole cloves, 1 teaspoon sugar, 4 tablespoons flour, 6 tablespoons water. Saute onions in fat till tender, then add bay leaf, juice drained from the tomatoes and all the remaining ingredients except flour and water. Cover tightly and simmer 30 minutes. Remove cloves and bay leaf. Mix flour and water to paste-smoothness. Stir into the sauce, and heat until thickened. Then add drained tomatoes, and heat and serve. Makes  $2\frac{1}{2}$  cups.

## SNOW FRIED WHITEBAIT

Wash whitebait well. Make batter—break an egg, beat lightly with fork. Add  $\frac{1}{2}$  teacup milk, and enough flour to make a thick cream. Also pinch salt and little baking powder. Dry whitebait thoroughly, toss them in flour, then into the batter. Try to keep them separate, and using a big fork, put a few at a time into smoking fat. They should be very pale brown. Stir in fat to keep them separated. Remove from fat with perforated spoon, drain and serve with lemon.

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Use HANSELL'S JELLY CRYSTALS for best results

## SALMON PATTIES

Line patty tins with short pastry. Make filling with 1 lb. salmon, 1 cup cold cooked rice, 1 cup mashed potatoes, 2 hard-boiled eggs, salt and pepper, 2 tablespoons butter, 1 tablespoon tomato sauce. Flake salmon, add rice and potatoes, eggs cut small, pepper, salt and tomato juice. Melt butter in pan, add mixed ingredients and heat thoroughly. Stir constantly. Place spoonful in each lined patty pan. Cover with circle of pastry, brush with beaten egg. Crimp edges. Bake hot oven about 20 minutes. Serve hot with parsley.

## SALMON LOAF AND CHEESE SAUCE

One pound tin of salmon,  $\frac{1}{4}$  cup milk, 2 beaten eggs, pepper and salt to taste, 1 cup breadcrumbs, 1 tablespoon chopped onion (or onion flavouring). Bone and flake salmon. Mix in with breadcrumbs, and onion. Moisten with mixed milk and beaten eggs, pepper and salt. Bake in moderate oven till firm in a buttered dish, (pyrex or china for preference).

**CHEESE SAUCE:** Four ounces of cheese,  $\frac{1}{2}$  cup milk. Put shredded cheese in saucepan with 1 tablespoon milk. Heat and stir till smooth. Then pour remainder of milk in, slowly cooking and stirring constantly. Pour this hot sauce over salmon loaf. This serves 6 to 8 persons.

## SALMON RISSOLES

One small tin salmon, 1 cup cooked potatoes, or rice, 1 cup breadcrumbs, 1 cup wheatflakes, 1 egg, parsley. Mix well, form into balls and fry a golden brown.

## SARDINE SAVOURY

One tin sardines, 1 teaspoon worcester sauce, 1 teaspoon anchovy sauce, 2 eggs, 1 teaspoon butter, 1 teaspoon flour, pepper and salt to taste. Put all into a small saucepan and stir till it thickens. Spread on hot buttered toast. This is really delicious and goes a long way.

## SARDINE CASSEROLE

Slice tomatoes, put in bottom of casserole, then a layer of sardines, and then grated onion and grated cheese. Repeat till dish is full, and cover with mashed potatoes. Put dabs of butter. Bake in oven.

## SAVOURY FISH HASH

Four slices bacon, 2 cups cooked fish flaked up, 3 cups diced cooked potatoes, 1 tart apple, coarsly chopped, pepper and salt to taste, 1 tablespoon of parsley, juice of  $\frac{1}{2}$  lemon. Fry the bacon, drain on soft paper and keep hot. Pour off some of the fat, and then put into the frying pan the potato and apple. Dust with salt and pepper and stir till well heated. Then add the fish, pat it down, lower the heat, and cook very slowly till browned. Turn out on to hot dish. Squeeze the lemon juice over, and serve garnished with the bacon and chopped parsley.

## SAVOURY FISH PIE

Steam some fish and let it get cold, and flake it. Have some good white parsley sauce (rich). Also some cold cooked mashed parsnips. Also some pie crust. Line a pie dish nearly half way down with the pastry—not all the way. Then put a layer of parsnips, a layer of fish, a layer of sauce. Repeat, finishing with sauce. Put dabs of butter, sprinkle with wheat flakes. Cut little rounds of pastry, and decorate round the edge of the pie dish with these, each resting on the next, like coins. Bake in hot oven to cook the pastry.

## SMOKED FISH

Remove the outer skin. Cut into suitable pieces. Cover with milk and simmer gently about 10 minutes. Remove the fish to hot plate, add a knob of butter to milk, a shake of pepper and thicken with flour or cornflour.

## SMOKED FISH FILLETS BAKED IN CHEESE SAUCE

Two tablespoons butter or substitute, 1 tablespoon minced onion, 2 tablespoons flour, 1 teaspoon salt, speck pepper, 1 cup milk,  $\frac{1}{2}$  to 1 cup grated cheese, 1 tablespoon minced parsley (optional),  $1\frac{1}{2}$  lb. smoked fillets. Melt the butter in a saucepan over low heat. Add the onion, then the flour,  $\frac{1}{2}$  teaspoon salt, and pepper, and stir smooth. Next add the milk, while stirring constantly. Stir till thickened, then add the grated cheese, and stir till smooth. Add the parsley, then pour over the fillets, which have been arranged in shallow baking pan and sprinkled with  $\frac{1}{2}$  teaspoon salt. Bake in moderate oven of  $350^{\circ}$  for 25 minutes. Serves 4 or 5.

### **SOUSED FISH (1)**

Two pounds of fish, a few peppercorns and cloves, 1 sliced onion, bunch herbs, 3 teacups vinegar, cayenne to taste,  $\frac{1}{4}$  teaspoon spice,  $\frac{1}{2}$  teaspoon salt. Put prepared fish in flat baking dish, cover with onion and other ingredients, pour in vinegar, cover with greased paper, bake in moderate oven about 20 minutes. Leave till cold, lift out carefully, garnish with lemon, strain liquor over. Serve with cucumber.

### **SOUSED FISH (2)**

Arrange fillets of fish in a baking dish. Sprinkle with finely chopped parsley, pepper and salt. Put a few pieces of butter on top, and bake in a moderate oven. Boil together for 10 minutes 1 pint vinegar, a teaspoon of peppercorns, 4 cloves, 4 bay leaves, and rind of a lemon. Let the boiled vinegar and fish cool, strain vinegar, etc., and pour over the fish. It is generally eaten cold.

### **FISH (To smoke)**

Make a brine of salt and water strong enough to float a potato. Add a little sugar. Leave the fish in this from 12 to 16 hours. Hang up in a wire safe to dry—the fish must be dry before smoking. Smoke with sawdust, and manuka, if possible. Keeps for weeks.

### **SPANISH FISH**

Have fillets of terakihi or any fish. Slice a quantity of onions, separating slices into rings with fingers. Dry the fillets of fish, dip in seasoned flour. Shake off surplus flour, put fish into frying pan with 1 inch of hot smoking fat, and cook evenly both sides. In saucepan have deep smoking fat. Dip the onion rings first in milk, then in flour. Shake off surplus flour, drop into smoking fat in saucepan. Will be cooked in 3 or 4 minutes. Remove with perforated spoon and drain on paper. Put cooked fish on dish, press a thin slice of skinned tomato on each, and put into hot oven for a few minutes to heat tomato through. On serving dish put nicely browned onion rings in the centre, around them lay fillets of fish with tomato slices. Have ready thin lemon slices cut in half. Dip the lemon slices in finely chopped parsley, coating them well. Arrange round outside of dish.

1 lb meat  
2 Tcups flour  
2 Table Sp Parsley chopped  
2 boiled onions  
2 3/4 cups milk  
1 Tsp salt  
2 eggs  
Pepper & nutmeg

### **SMOKED FISH PUFFS (Devonshire)**

Half a pound smoked fish (blue cod is excellent) simmered in water, or milk and water till tender. Save this liquor, using some of it when flaking up the cooked fish, and add 2 oz. flour sifted with a pinch of baking powder, a tablespoon of finely-chopped parsley, and 2 beaten eggs. Add a little milk if necessary, to make soft spongy mixture. Have ready very hot fat (still and smoking), and drop in tablespoonfuls of mixture. Fry golden brown. Will puff up well. Serve very hot with mashed potatoes.

### **STUFFED BAKED FISH**

One whole fish such as cod or trevalli, 1 cup breadcrumbs, 1½ oz. butter, 1 dessertspoon chopped parsley, teaspoon salt, ¼ teaspoon pepper, 1 teaspoon chopped thyme or grated lemon rind, 1 egg. Rub butter into breadcrumbs, and add all other ingredients, bind with beaten egg. Place this in the prepared fish, sew up or fasten with skewer. Brush a baking dish with melted butter, lay fish on, brush over with remainder of beaten egg, and dust with browned breadcrumbs. Cover with buttered paper and cook in moderate oven about 1 hour. Test thick part of fish with skewer. Serve hot.

### **TOHEROA FRITTERS**

Mince a tin of toheroas finely with just a slight touch of onion. Now prepare a cup of good white sauce in the usual manner, adding a pinch of nutmeg and a well beaten egg. Mix in toheroas and flavour with a little lemon juice. Roll spoonful lots in breadcrumbs, and fry in deep oil or fat. A lemon sauce is very nice served with these fritters.

### **TOHEROAS (Scalloped)**

Mince toheroas with a very little onion. Mix with half as much breadcrumbs and a beaten egg, salt and pepper to taste. Put in spoonful lots in patty pans with a dab of butter on top. Bake in moderate oven till set.

## WHITEBAIT FRITTERS

One teacup warm water, 3 tablespoons flour, pepper and salt to taste, 1 oz. butter (melted), 1 egg. Mix flour and seasoning together, add yolk of egg, warm water and melted butter. Beat well for 10 minutes. Add gently the white of egg, beaten stiffly, then mix in whitebait, and fry tablespoons of mixture in smoking hot fat until fritter is cooked and a golden brown (about 5 minutes). Garnish with lemon and parsley. This batter can be used for fritters of all kinds, fruit, meat, vegetable or fish.

## WHITEBAIT SQUEEZE

One cup whitebait, 1 cup milk, 1 oz. breadcrumbs, 2 eggs, 1 oz. butter, pepper and salt. Heat milk and butter together. Pour over breadcrumbs. Add beaten yolks and whitebait, then fold in stiffly beaten whites. Pour into buttered dish, moderate oven about 20 minutes, electric 375° top off, bottom low; gas, heat on regulo 6, turn to 1 or 2.

## ENTREES AND HOT DISHES

### APPLE RISSOLES

Mince left-over cold meat, or fresh pork; add an equal quantity of minced apple. Mix with salt, pepper, and a little herbs if liked, and bind with beaten egg. Add breadcrumbs if too moist. Make into rissoles, roll in crumbs or crushed flakes, and fry golden brown. Serve with creamed potatoes.

### APPLE AND SAUSAGE ROLL

Skin and roll out 2 lbs. sausages. Spread on this 2 cups diced apple, 1 cup chopped onions, 1 cup breadcrumbs, and 1 teaspoon chopped sage, pepper and salt. Roll up like roly-poly, dredge with flour, bake in dish with dripping about an hour till brown. Baste frequently.

### BACON AND CANDIED APPLES

Fry sufficient rashers of bacon. Core but do not peel 3 apples. Cut in  $\frac{1}{2}$  inch slices, brown lightly on both sides in bacon fat. Sprinkle  $\frac{1}{3}$  cup sugar over apple slices, baste till candied. Add  $\frac{1}{4}$  cup water, cover, and cook till apples are tender.

### BACON AND EGG PIE

Line deep pie plate with flaky pastry rolled out to one sixteenth of an inch. Break eggs carefully on to pastry, sprinkle with pepper. On these carefully lay slices of bacon. Cover with pastry. Decorate with twists and leaves of pastry. Make slit with knife on top, and crimp edges. Bake in hot oven at first, gradually reducing.

### BACON AND OYSTER SQUARES

Add to some white sauce  $\frac{1}{2}$  cup minced bacon,  $\frac{1}{2}$  cup chopped oysters, 1 tablespoon grated cheese, small piece of butter, and a dash of cayenne. Simmer about 5 minutes. Put on one side till cold. Roll out some puff pastry, divide in half. Put one half on flat tin, place mixture on top. Cover with other half of pastry. Mark lightly into squares, and bake about 15 to 20 minutes. Cut when cold.

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Use HANSELL'S BAKING SODA in your cooking

## BACON AND EGG PIE (DEVON)

Line shallow dish with flaky pastry. Deep sandwich tin is satisfactory. Have ready plenty of very finely chopped parsley and about  $\frac{1}{2}$  lb. streaky bacon also chopped finely. Put 2 or 3 layers of bacon and parsley on pastry. Put pastry lid on top with a half inch square hole cut neatly out of the centre. Wash over with milk, and bake in hot oven 420 degrees (Regulo 7 or 8) for 20 minutes. While this is cooking beat up 2 eggs with  $\frac{1}{3}$  cup milk and a dash of pepper (NO SALT). Take pie from oven and pour the egg mixture in through the prepared hole. Return to oven for another 20 minutes. Take out of tin, turn upside down and return to hot oven for 5 minutes, to make the bottom crust crisp. Serve in thin pieces for savouries (hot),—or as a hot dish at a meal,—or in small wedge-shaped pieces for morning or afternoon tea or supper.

*BACON AND EGG PATTIES* (Devon): Line patty tins with flaky pastry. Put in 2 or 3 layers of finely chopped bacon and parsley. Pour over about a dessertspoon of beaten egg and milk to each patty, 2 eggs beaten with  $\frac{1}{3}$  cup milk and a dash of pepper (NO SALT). No lid. Bake in hot oven (about 420°).

## BAKED BEANS AND TOMATOES

Quarter of a pound of haricot beans, 1 tablespoon golden, syrup, 3 or 4 tomatoes, pepper and salt, a rasher or two of bacon, or a small piece of pickled pork. Cook haricot beans in slightly salted water as usual. Put them in casserole with some of the water they were cooked in. Add golden syrup, pepper and salt, skinned and cut tomatoes. Stir together, add bacon or bury pork in middle. Put on lid, bake slowly near bottom of oven for about an hour.

## BEEF OLIVE PUDDING

Line basin with suet crust. Take a thin slice of steak, put on layer of bacon rashers and sliced kidney; a few shreds or rings of onion, a little pepper. No salt. Roll up. Put in basin. Pour over a small cup of water flavoured with tomato sauce. Sprinkle with flour, cover with crust and steam for 3 hours.

### BEEF (Spiced—to serve cold)

Seven pounds of the thick flank or rump of beef or brisket, boned,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  oz. saltpetre, 2 oz. pounded allspice,  $\frac{1}{2}$  lb. salt. Rub the sugar well into the beef, and leave it for 12 hours. Then rub the saltpetre and allspice (both should be well crushed and pounded) over the meat, and let it remain for 12 hours or more. Then rub in the salt. Turn daily in the liquid for a fortnight, soak for a few hours in water, dry with a cloth. Cover with a flour and water paste or wrap in greaseproof paper; put a little boiling water in the bottom of a meat tin, and bake in a moderate oven for 4 hours.

### BOBOTIE (South Africa)

Two pounds fresh mutton, 1 large slice white bread, 1 cup milk, 2 onions chopped finely, 2 eggs, juice one lemon and 2 tablespoons vinegar, 8 chopped almonds, 4 drops almond essence, 1 tablespoon curry, 1 tablespoon sugar, 2 tablespoons butter or fat, a few bayleaves or lemon leaves, pepper and salt. Mince the meat, soak bread in milk and squeeze. Fry onions in butter till golden brown. Mix all ingredients except 1 egg. Beat egg, add the cup of milk. Put mixture into a pie dish, pour over beaten egg and milk. Stick leaves into top of meat. Bake till custard is set and meat well done. Serve with rice. If curry powder is not strong, use more, as dish must have strong curry flavour. May be made with cooked meat.

### BENGAL PATTIES

Half a pound short crust pastry, 1 breakfast cup boiled rice. 1 heaped teaspoon butter, 3 tomatoes (pulp), 1 tablespoon Worcester sauce, 1 tablespoon mushroom ketchup, 1 tablespoon grated cheese, 1 teaspoon chopped chutney, 1 teaspoon grated onion, 1 teaspoon curry powder,  $\frac{1}{2}$  teaspoon lemon juice, 2 eggs, seasoning to taste. Melt the butter in a saucepan, put in onion and curry powder, stir over the fire for a few minutes. Shell the eggs (boiled hard), cut into dice, add to them the other ingredients, salt and pepper. Should the mixture seem too stiff, add a little milk or white sauce. Roll out pastry and cut into rounds.

Put a small heap of the mixture on to a round, wet edges, cover with another round, press the edges well. Make a little hole in the centre of each, brush over with beaten egg, and bake in a quick oven about 15 to 20 minutes.

### **BOLOGNA PUDDING**

Line basin with suet crust. Fill centre with mixture of equal parts of bacon, pork, beef and veal, all minced and seasoned with pepper, salt and sage. Moisten with a little stock or water. Put suet top on. Cover and steam 2 to 3 hours. Serve with onion sauce to which chopped parsley has been added just before serving.

### **BRAINS (To Prepare)**

Soak in salt and water half an hour, put into cold salted water and bring to the boil. Strain off water. Cover again with cold water and bring to the boil. Boil about 10 minutes.

### **BRAINS FRIED WITH BACON**

Two sets of brains, 1 small piece of onion, 2 sage leaves, 1 egg, 1 tablespoon breadcrumbs, 1 dessertspoon flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 2 slices fat bacon, sprigs of parsley, frying fat. Soak brains in salted water half an hour, remove the skins, blanch them, bring very slowly to the boil and simmer for 6 minutes. Place on a plate, allow to cool and cut in four. Beat up the egg for coating in a deep plate. Mix flour, pepper and salt together on a plate and place the breadcrumbs on a sheet of white paper. Roll the brains in the flour, pepper and salt, brush with egg and toss in breadcrumbs. Press on crumbs firmly. Heat fat slowly until a blue fume begins to rise. Fry brains for one minute on each side, then cook gently for three minutes on each side. Drain on kitchen paper. Remove rind from bacon, cut in inch pieces, roll round a skewer, pour boiling water over and leave for two minutes, then grill till the fat is transparent. Serve on a hot dish with rolls of grilled bacon around the outside. Garnish with sprigs of parsley.

### **BRAINS (Scalloped)**

Make white sauce, add prepared brains cut into small pieces. Put mixture in pie dish, cover with breadcrumbs, cook in hot oven till brown.

### BRAINS ON TOAST (Calf's)

One set brains, 1 cup white sauce, 1 yolk of egg, 2 rounds of toast, lemon and seasoning. Wash the brains, which must be fresh, in cold salted water, removing the loose skin and any clots of blood. Then let them lie in fresh cold water for an hour at least. When thoroughly cleansed put the brains into a small saucepan with cold water to cover them, a pinch of salt, and a good squeeze of lemon juice. Add a small bunch of herbs (parsley, thyme and bayleaf) and simmer slowly for quarter of an hour. Then strain and keep the brains hot. Make a good white sauce and add to it the yolk of an egg and a good squeeze of lemon juice. Place the brains on two rounds of toast, strain the sauce over, and garnish with lemon, a few potato balls or cooked green peas.

### BRAWN

Half a shin of beef,  $\frac{1}{2}$  packet mixed spice, 1 tablespoon gelatine, (mixed with a little water), salt and pepper to taste. Boil till shin is very tender, then cut up finely, and put in pot with spice, salt and pepper; boil for half an hour, then add gelatine and boil for 5 minutes. Take off and put in moulds to set.

### BRAWN (Cumberland)

Half pig's head, 2 pig's trotters, 2 sheep tongues, salt and pepper, 1 tablespoon sharp sauce, 2 carrots, 2 onions, nutmeg. Wash meat, put in pan with water to cover. Bring slowly to boil, add sliced carrots, onions and salt. Simmer gently till meat leaves bones. Take out tongues, skin when tender. Remove bones from head and trotters. Put back in stock and boil till reduced to about  $\frac{3}{4}$  pint. Season to taste, and add sauce. Strain. Cut up meat, put in basin rinsed in cold water. Pour some of the stock over and let it set. Turn out and decorate with parsley.

### BRAWN (Kaitoke)

Mince together 1 lb. steak and  $\frac{1}{2}$  lb. bacon. Soak a 2 inch thick slice of stale white bread in a little water and then squeeze as dry as possible. Beat up 1 or 2 eggs. Mix all together, adding dash of pepper, and beat till smooth. Worcester Sauce and chopped mint are optional. Steam in a basin for about  $2\frac{1}{2}$  hours, and leave till quite cold before turning out.

### BRAWN (Middlesex)

One old fowl, 2 pig's hocks and feet, seasoning. Skin and clean fowl and cut up into joints. Clean feet and hocks. Put all in saucepan and cover with cold water, bringing to boil and simmering gently for 4 hours. Strain and remove bones, cut up meat finely and season highly with pepper and salt. Boil again for 10 minutes. Press into mould and let set.

### BUNNIES IN BLANKETS

Core, but do not peel some apples, cut in slices about  $\frac{1}{3}$  in. thick. Sprinkle with sugar and butter and bake soft. Roll sausage meat into little sausages about an inch long and fry. On 2-inch squares of toast put a round of apple, then 2 little sausages. Put a square of cheese over each little sausage, and put under griller to soften a little.

### CANADIAN EGGS

One cup boned salmon,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cold mashed potatoes, 1 teaspoon vinegar, salt and cayenne pepper to taste. Mix all to a thick paste. Hard boil two or three eggs. Shell them, cover them thickly with salmon paste. Roll in beaten egg, then in crushed cornflakes, or breadcrumbs. Fry in hot fat. Drain on paper when brown.

### CASSEROLE DISH

Cook 4 cups thinly sliced raw potatoes in a very little boiling salted water for 10 minutes. Strain.

*SAUCE:* Melt 2 tablespoons fat, stir in 2 tablespoons flour, add  $1\frac{1}{2}$  cups milk, 1 chopped onion, pepper and salt, and cook over boiling water, stirring till thick and smooth. Add 1 tablespoon minced parsley. Arrange potatoes and left over flaked fish, or tinned fish, or minced meat, in layers in greased casserole. Pour sauce over all. Sprinkle with breadcrumbs. Bake in moderate oven  $350^{\circ}$  about 45 minutes.

### CHEESE AND APPLE FRITTERS

Mix 2 tablespoons grated cheese, a grated apple, 1 beaten egg, 1 cup cooked mashed potatoes, salt and pepper. Drop dessertspoon lots into batter, and fry in hot fat. Serve on rounds of toast.

## CHEESE AND BACON TART

Line pie plate with flaky or short pastry. Bake in hot oven till pastry is set, but not brown. Beat well 1 egg, add  $\frac{1}{2}$  cup milk, 1 cup finely grated cheese, pepper and salt to taste. Fry 3 rashers of bacon crisp, break into small pieces, and add to cheese mixture. Fill plate; bake in moderate oven till filling is set, and top golden. Serve with salad.

## CHEESE BATTER PUDDING

Four ounces flour,  $\frac{1}{2}$  pint milk, a pinch of salt, 2 oz. grated cheese, 1 egg. Sieve the flour and salt into a basin, make a well in the centre and break the egg into it. Add a little of the milk and stir in the flour from the sides gradually, adding sufficient milk to make a smooth thick batter. Then beat till covered with air bubbles. Stir in the rest of the milk and grated cheese, cover and leave to stand for an hour if possible. Pour in well greased tin, and bake in a hot oven. (Regulo 6) for 30-40 minutes till well risen and brown. Pinch of baking powder optional.

## CHEESE DUMPLINGS AND TOMATO SAUCE

Heat 1 tin tomato soup, 1 cup water, salt and pepper, in saucepan. Make ordinary suet dough, adding 1 cup shredded cheese, and a tablespoon grated onion. When soup boils, drop in dumpling dough from teaspoon. Cover closely, and cook for 20 minutes, without uncovering. Serve with string beans or green vegetables.

## CHEESE AND BREAD OMELETTE

One cup fine breadcrumbs, 1 cup milk, 4 tablespoons shredded cheese, 3 eggs, 1 oz. butter, parsley, salt, pepper. Soak breadcrumbs in boiling milk till quite absorbed. Add shredded cheese, well beaten eggs and seasoning. Melt butter in omelette pan, pour mixture in and stir well for a minute or two over the fire. Turn and brown under side. Fold and garnish with parsley.

## CHEESE AND ONION SAVOURY

Peel and slice 5 or 6 onions, and put in a pan. Just cover with water, add pepper and salt to taste. Cook slowly till soft. Then grate in a large cup of cheese. Cook till cheese is melted. Serve on hot buttered toast.

### CHEESE AND ONION TART

Line pie plate with short pastry. Spread with layer of boiled or fried onions, then layer of grated cheese, then cover with layer of pastry. Bake in moderate oven till golden brown.

### CHEESE POTATO FRITTERS

One egg, 1 cup well mashed potatoes, 1 small finely grated onion, 2 oz. finely sliced cheese, plenty of parsley, seasoning to taste. Beat egg with fork, add everything. Beat till smooth. Fry spoonfuls in a little fat. Turn over and brown the other side. With green salad this is a complete meal.

### CHEESE AND POTATO FRITTERS

One breakfast cup flour,  $\frac{1}{4}$  lb. grated cheese,  $1\frac{1}{2}$  breakfast cups raw grated potato, 2 eggs, 1 breakfast cup milk,  $\frac{1}{2}$  teaspoon salt, 1 dessertspoon chopped parsley. Separate whites from egg yolks. Beat egg yolks with milk, add salt and pepper, and slowly add flour. Next grated potato and cheese, and parsley. Lastly fold in stiffly-beaten whites. Cook in tablespoon lots in frying pan, or on girdle, till brown. For variation—add a little chopped onion, or a small teaspoon curry powder.

### CHEESE PUDDING

Four ounces fresh breadcrumbs, 2 oz. butter, 1 pint milk, 2 eggs, little cayenne, salt, 3 oz. sliced cheese. Heat milk with the cheese, add breadcrumbs, butter, seasoning, and 2 egg yolks. Beat. Finally fold in the stiffly beaten whites, and pour all into buttered pie dish. Cook in oven like souffle.

### CHEESE AND SARDINE FRITTERS

Sift one large cup flour, one teaspoon baking powder, one teaspoon icing sugar, good pinch of salt, pinch cayenne, and one cup of shredded cheese. Mix to soft consistency with one well-beaten egg and a little milk. Take a little of the mixture into a tablespoon, place a sardine in the centre, cover with a little more mixture, roll in crushed cornflakes, drop into a pan of boiling fat, brown nicely all over. When cooked drain on white paper. Serve with chip potatoes.

### CHEESE SCRAMBLE

Two eggs lightly beaten, 3 tablespoons grated cheese, 2 tablespoons mashed potato, 1 oz. butter, 4 tablespoons milk, 1 teaspoon chopped parsley,  $\frac{1}{2}$  teaspoon made mustard, salt and pepper. Heat the milk and butter, remove the saucepan from the heat, and carefully stir in the eggs and cheese. Now stir over very low heat until the mixture begins to thicken, add the mustard, salt and pepper. Beat in the mashed potato and mix until smooth and creamy. Sprinkle with parsley. Serve very hot on toast.

### CHEESE SOUFFLE

Melt 2 oz. butter in pan, stir in  $1\frac{1}{2}$  oz. flour. Gradually add  $\frac{1}{2}$  cup milk. Stir till smooth, add pepper and salt. Add a cupful of grated cheese, yolks of 3 eggs, and stir all together till cheese is melted and all is smooth. Let cool. Fold in lightly the beaten egg whites, and pour into buttered pie dish. Medium oven about 20 minutes, half way up, standing in another dish of water.

### CHEESE AND TOMATO PUDDING

Melt 1 oz. butter. Peel and slice 2 lb. tomatoes. Cook in butter till soft. Mix in 1 teacup fine breadcrumbs and  $1\frac{1}{2}$  oz. thinly-sliced cheese, also pepper and salt. Butter a pie dish, line with breadcrumbs, pour in the tomato mixture. Cover with more cheese, breadcrumbs and dabs of butter. Bake in quick oven about 20 minutes.

### CHINESE BEEF

Put into hot stew-pan 2 tablespoons oil or fat, 1 teaspoon salt, dash of pepper. Cut in  $\frac{1}{8}$  inch-thick slices 1 lb. of round or flank steak and add. Finely dice and add 2 tablespoons of onion and 1 clove of garlic. Cook over moderate heat, stirring, till meat is brown. Add 1 cup meat stock, or marmite made with water. Add 1 medium head of cauliflower divided into flowerets. Shell and add 1 lb. fresh green peas. Cover pan tightly and cook over low flame for 10 minutes. Blend together, 2 tablespoons cornflour, 2 teaspoons soy sauce (or Worcester) and  $\frac{1}{4}$  cup water. Add and cook all for a few more minutes, stirring, until thick and very hot. Serve immediately with hot boiled rice.

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Use HANSELL'S CREAM OF TARTAR in your cooking

## CHINESE BEEF, SPINACH AND POTATOES

In pre-heated heavy stew-pan put 4 tablespoons oil or fat, 1 teaspoon salt and a dash of pepper. Cut diagonally in  $\frac{1}{8}$  inch thick slices 1 lb. flank or round steak and add. Brown meat quickly over high flame, stirring constantly. Chop and add 2 tablespoons onion, dice finely and add 1 clove garlic. Cut 2 cups raw potatoes in  $\frac{1}{2}$  inch cubes. Add 2/3 cup marmite or meat extract made with hot water. Cover pan tightly and cook over moderate flame till potatoes are tender—about 10 minutes. Clean  $\frac{1}{2}$  lb. spinach, cut in large pieces and add. Cover pan and cook for 5 minutes. Do not overcook spinach. Blend together and add, 2 tablespoons cornflour,  $\frac{1}{4}$  cup water, 2 teaspoons soy sauce (or use Worcester sauce). Cook for a few more minutes, stirring until juice thickens and mixture is very hot. Serve immediately.

## CHEEDED PORK PIE (Somerset)

One and a half to 2 pounds lean pork, cut in squares. Roll in seasoned wholemeal. Grease casserole, put in meat, sprinkle with a little sage, put a layer of sliced apples, a layer of sliced potatoes, and a small layer of sliced onions. Repeat and finish with potatoes. Pour over 1 cup stock, 1 tablespoon sugar and dots of dripping. Cover with lid, cook in oven about 2 hours.

## CHUTNEY TOAST (Indian)

One ounce hot chutney, 2 oz. ham, 1 teacup good topmilk (or cream), 2 tablespoons finely grated cheese, 6 rounds of bread, a dash of cayenne pepper. Fry the rounds of bread in butter or bacon fat, and spread them with a paste made of the finely minced ham, cream and cayenne; put a layer of chutney over this, and the grated cheese on top. Bake or toast till brown and hot.

## COTTAGE PIE (Australian)

Have 4 to 5 cups moist meat hash and vegetables, moistened with gravy or stock, in pie dish. Make pancake batter—beat 1 egg slightly, add  $\frac{1}{2}$  cup milk and 1 tablespoon melted butter, mix well. Add to  $\frac{3}{4}$  cup sifted flour;  $\frac{3}{4}$  teaspoon baking powder, and a pinch of salt. Beat till smooth. Pour over hash. Bake hot oven about 25 minutes. Serve hot.

### CORNISH PASTY (From Penzance)

One pound beef steak, 3 potatoes, 2 large onions, 2 slices lean bacon. Slice everything very finely, keep separate, but do not mince. Sprinkle with pepper and salt. Mix 2 cups flour, 1 cup finely-shredded suet,  $\frac{1}{2}$  teaspoon bicarbonate of soda, and 1 teaspoon cream of tartar (or 1 good teaspoon baking powder), and a pinch of salt, with water, to make stiff dough. Roll out, and on one half place ingredients in layers. Fold other half over, and pinch edges together. Bake first half hour in hot oven, then moderate oven about  $1\frac{1}{2}$  hours longer. Made in one large pastry it is more moist.

### CORNISH PASTY

Roll out a round of pastry about  $\frac{1}{4}$  inch thick. Sprinkle with pepper and salt. Place 2 handfuls chopped up raw potato and swede on one half of pastry. Then spread on layer of small pieces of meat. Grate over a small piece of suet, sprinkle with pepper and salt. Top with more vegetable. Fold pastry over, pinch edges together so that join is on side. Brush over with egg. Bake hot oven half an hour, reduce heat for another half hour or till cooked.

### CORNED BEEF

When cooking corned beef put it on in bloodheat water with 1 tablespoon golden syrup, 1 tablespoon vinegar and 1 tablespoon dripping. Simmer until tender and let it cool in the same water.

### COLONIAL GOOSE

One leg of mutton, forcemeat. Get the butcher to bone the leg of mutton for you. Fill the place that the bone occupied with a forcemeat made of 2 small cups breadcrumbs, 1 par-boiled onion chopped fine, 1 teaspoon salt,  $\frac{1}{2}$  small teaspoon pepper, chopped parsley, thyme, sage, 1 teacup shreddo or about 2 tablespoons of butter or dripping, a little minced lean bacon or ham. If the bacon be fat, use less suet or dripping accordingly. Bind the forcemeat with milk or an egg. Sew up the openings. Dredge with flour and bake as usual.

## DEVONSHIRE PIE

Boil 2 lb. neck of mutton in a little water till tender. In another saucepan boil about 8 leeks, with salt. Strain these when cooked. Place meat in a pie dish, cover with leeks and some slices of ham or bacon. Skim fat off gravy, and add gravy to dish. Add salt and pepper to taste. Cover with pastry. When pie is nicely browned cut out a square in centre of crust and pour in batter—2 eggs well beaten, add about a cup of creamy milk, salt and pepper. Let stand in bottom of oven till batter sets.

## EGGS IN CHEESE SAUCE

Make a good white sauce with butter. Add a little mustard and a little grated cheese. Cook till the sauce is thick and the cheese is melted. Pour half this sauce into a casserole. Break in eggs whole—as many as needed. Cover with the rest of the sauce, and bake in moderate oven about 20 minutes, longer if eggs preferred hard. Fillets of fish may be cooked this way, instead of eggs.

## EGGS DE LUXE

Put in individual dishes a little creamed chopped ham, beef, chicken or fish. Break egg into hollowed top, cover with more creamed mixture. Bake 20 minutes moderate oven 350°. Serve with peaches fried in butter with cavities filled with currant jelly.

## EGGS (New Zealand Style)

One cup cold diced cooked potatoes,  $\frac{1}{4}$  cup minced onion, 4 tablespoons butter or good fat, 5 eggs beaten,  $\frac{1}{2}$  cup top milk,  $1\frac{3}{4}$  teaspoons salt, pepper, 2 tablespoons minced parsley, 4 medium tomatoes quartered,  $\frac{1}{2}$  teaspoon sugar. Saute potatoes and onion in 3 tablespoons butter till golden brown. Combine eggs, milk,  $\frac{3}{4}$  teaspoon salt, speck pepper, parsley. Pour over potatoes. Cook over medium heat, scraping egg mixture gently from bottom as it cooks, until scrambled. Meanwhile sprinkle tomatoes with rest of salt, speck pepper, and sugar, then saute in 1 tablespoon butter till tender but firm, about 5 minutes. Serve round eggs. Can use celery leaves in place of parsley, and omit tomato if liked.

## EGG PIE

Grease pie dish, put alternate layers of slices of hard-boiled eggs and left-over vegetables—peas, cauliflower, turnip, carrot, onion, etc. Sprinkle with pepper and salt. Melt large knob of butter, work in a dessertspoon of flour, salt and pepper, 2 tablespoons grated cheese, and milk to make smooth sauce. Pour over vegetables and egg, sprinkle with grated cheese, and brown in moderate oven.

## FAGGOT LOAVES

Half pound raw liver, 2 medium onions, 2 rashers of bacon, 2 or 3 slices of bread, 2 eggs, 2 tablespoons flour, milk, seasoning, herbs if liked. Beat eggs and make into batter with flour and milk, add seasoning and herbs. Mince liver, onion and bacon, catching juice; soak bread in milk. Mix all, blend with batter. Put into greased tins with covers, or in piedish. Cook in oven in pan of water. Serve hot or cold in slices.

## FARM TOAST (Shropshire)

Fry bacon crisp, fry bread in the bacon fat, fry thick slices of apple. Put thick slices of cheese on fried bread, melt cheese under griller. Now lay on bacon, then apple, sprinkle with pepper and salt. Serve hot.

## FORCEMEAT BALLS

Half pound beef or veal,  $\frac{1}{2}$  lb. fat bacon,  $\frac{1}{2}$  teaspoon grated lemon rind, salt, pepper, nutmeg and mace to taste, 1 teaspoon parsley and herbs. Chop or mince the ingredients well together. Bind with a beaten egg, form into balls, and fry in fresh dripping till light brown.

## FRENCH TOAST (California)

Fry sliced peaches in butter and pile between two triangles of French toast. Top with sizzling sausage or two.

**FRENCH TOAST:** Beat up 3 eggs and  $\frac{1}{2}$  cup milk, dip slices of bread in, and fry in deep hot fat. (Or use 1 egg,  $\frac{1}{3}$  cup of milk, pinch salt to 3 slices bread). Or use eggless batter—1 cup flour, 1 heaped teaspoon cake powder, pinch salt, pinch sugar,  $\frac{1}{4}$  teaspoon baking soda, and milk to mix to a thin paste. Dip slices of bread into batter, and fry in fat or butter.

## FRENCH SPINACH CASSEROLE

Half a cup milk,  $\frac{1}{4}$  lb. cheese (processed for preference),  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 2 cups cooked fresh spinach, 1 cup cornflakes or wheatflakes. Heat milk and cheese in double boiler, stirring. Add seasonings when cheese is melted. Drain spinach thoroughly, place in casserole. Cover with cheese mixture. Sprinkle with crushed flakes. Bake moderate oven  $350^{\circ}$  for 20 minutes approximately.

## GOANESE CURRY

Mix curry powder, to taste, in about  $\frac{1}{2}$  teacup of milk. Melt (for two persons) nearly  $\frac{1}{4}$  lb. margarine in a saucepan, add the curry then put in cut up meat or fish to which has been added some onions, previously fried a dark brown. Heat thoroughly; the juice should be a golden colour, with a brown sediment. Cook the rice by throwing into a saucepan of boiling water for about 20 minutes. Salt should have been added to the water. Turn rice out on to a fine sieve and hold under cold tap till all sticky part has been washed away. Return to saucepan and heat in oven. Serve in vegetable dish. The rice is handed first, and the curry heaped on top of it.

## GOLDEN GARNISHES

Hot peach halves—fresh or canned, make accompaniments for meats and meat dishes, chicken etc. fish and egg dishes.

1. Heat peaches in own syrup, and serve plain.
2. Fry drained peach halves in little butter or dripping for about 10 minutes, turning as necessary. Sprinkle with brown sugar and dash of cinnamon while cooking.
3. Bake: Pour little peach syrup into baking pan, put in peaches cut side up. Dot with butter, bake about 20 minutes (hot oven  $400^{\circ}$ ). Fill cavities with jelly or relish. Those filled with relishes (chutney, chili sauce, ketchup or French dressing) are good with steaks, roasts, fish or croquettes.
4. Or bake, stick with whole cloves, fill cavity with sugar, and put dash of cinnamon, nice with ham or pork.
5. Roll drained peach halves in melted butter, then in finely chopped crushed nuts or flakes, and bake gently. Serve with any meat.

## GREEK SLIPPERS

Peel 3 short thick cucumbers. Boil gently in salted water till soft, but not quite done. Cut in halves lengthwise, scoop out seeds. Fill with the following mixture, piling high; 2 tablespoons warmed butter,  $1\frac{1}{2}$  cups finely chopped meat, 1 egg,  $\frac{1}{2}$  cup bread-crums,  $\frac{1}{2}$  cup stewed tomatoes,  $\frac{1}{2}$  cup cooked spaghetti, pepper and salt. Cover with more breadcrumbs and bake till brown.

## HAM (To Flavour)

1. Los Angeles method—When ham is cooked, skin it, sprinkle with brown sugar and a dash of black pepper. Stick generously with cloves. Bake in cooking sherry and baste until ham is a juicy golden brown.

2. When cooked, remove skin, and stick all over with cloves. Pour over a thick syrup of spiced vinegar and brown sugar, put back in oven to brown. Or pour over maple syrup. Sprinkle with crisp browned breadcrumbs.

## HAM AND ASPARAGUS ROLLS WITH CHEESE

Use tinned or fresh cooked asparagus. Grill thin slices of uncooked ham on both sides. On each slice of ham place several stalks of asparagus. Then roll up the ham slices. On each roll of ham and asparagus serve a generous amount of thin rich cheese sauce.

*CHEESE SAUCE:* In the top of a double boiler melt  $\frac{1}{4}$  packet processed cheese (i.e.  $\frac{1}{8}$  lb.). Gradually add  $1/3$  cup of milk, stirring all the time till smooth.

## HOT HAM AND CHEESE SANDWICH

Cut thin slices of stale bread into shapes, fry in hot butter till crisp and brown. Sprinkle half of them with grated cheese, lay on a thin slice of ham, sprinkle more cheese, and put on top piece of bread. Bake in oven just long enough for cheese to melt, and ham to become hot.

## HOT DEVILLED HAM (Spread for Toast)

Combine 1 cup finely minced cooked ham with 1 dessertspoon (or more if liked) of mustard made with milk, a level teaspoon of sugar, and 1 teaspoon Worcester sauce. Spread on toast. Very nice topped with poached egg.

### HAM AND KUMARA BALLS

Two cups mashed kumaras,  $\frac{1}{2}$  teaspoon salt, pinch cloves,  $\frac{1}{2}$  teaspoon prepared mustard, 2 eggs well beaten, 2 cups cooked ham cut in  $\frac{1}{4}$  inch cubes, 1 cup crushed cornflakes. Mix kumaras, salt, cloves and mustard. Add eggs and mix thoroughly. Add ham and mix again. Shape into balls. Roll each in cornflakes. Fry in hot fat  $1\frac{1}{2}$  inches deep, for 2 or 3 minutes or until brown.

### HAM LOAF (Hollywood)

Two cups minced cooked ham, 1 cup breadcrumbs,  $\frac{1}{2}$  cup milk, 1 cup cold water, 1 sliced onion, 1 teaspoon salt, 2 eggs, 2 teaspoons dry mustard,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon butter. Mix together well. Mould into a loaf, bake in moderate oven  $350^{\circ}$  about 1 hour. Sprinkle top with brown sugar, and stud with a few whole cloves before baking.

### HAM AND PINEAPPLE (Prudence Penny)

Six quarter inch thick slices cooked ham, 6 slices pineapple,  $\frac{1}{4}$  cup pineapple juice,  $\frac{1}{2}$  cup brown sugar, 6 pork sausages. Arrange ham slices in griller pan, place drained round of pineapple on each, then a sausage cut in two lengthwise. Sprinkle with brown sugar, pour over pineapple juice, and place under griller. Grill for eight minutes, turn sausages, and grill another 8 minutes. Sprinkle with parsley.

### HAM AND RABBIT PIE

Roll out pastry thinly and line deep pie plate. Fill with sliced ham, and cold cooked rabbit. Pour over 3 or 4 beaten eggs, with a teaspoon of made mustard added. Put thin lid of pastry on top and make 2 small slits in centre. Bake. A little milk may be added to beaten eggs.

### HAMBURGER (Russian)

One and a half pounds minced steak, add if liked a little chopped carrot and pumpkin, or onion. Mix together with 1 egg, 1 tablespoon flour and enough water to make a fairly loose mixture. Make little patties, dip in flour and fry in fat. Pepper and salt to taste.

## HAMBURGER

One pound ground beef, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper. Just mix all ingredients together, form into round patties about  $\frac{1}{2}$  inch thick and  $2\frac{1}{2}$  inches in diameter. Cook on thick, hot greased frying pan, quickly, turning once. May be served between the halves of bread rolls, toasted or not, and smeared slightly with mustard. If liked, mix in a little grated onion.

## HARICOT BEANS IN TOMATO SAUCE ON TOAST

This recipe is to be served as a main dish for luncheon or dinner; and the "left-over" served on toast comes in nicely for breakfast. Using boiling water, soak the beans all night. Next day cook them for about 2 hours—add a little soda to the first boil of about 5 minutes, then strain off and cover with plenty of boiling water and cook for about 2 hours. Add a little salt towards end of cooking—not too much if you intend adding bacon. Strain well, and then cover with a small tin of tomato soup. Cut up a few slices of bacon into squares, and mix in the beans, and lastly add a dessertspoon of golden syrup. This gives a delicious flavour. Bake in casserole for about one hour to mix the flavour well.

## HARICOT MUTTON

Two pounds neck and breast of mutton, 1 tablespoon flour, 1 small carrot, 1 small turnip, a little celery, 1 tablespoon dripping, 1 onion, 1 tablespoon tomato sauce, 1 pint stock or water, salt and pepper to taste. Cut the meat into neat pieces, trim off the fat. Slice the vegetables. Melt the dripping in a stewpan, dredge the meat with the flour, and fry a nice brown in the dripping; lift out of the pan, and fry the vegetables a little, then put all ingredients into the stewpan, and simmer for one and a half hours.

## HUNGARIAN GOULASH

Cut a pound of veal into cubes, slice two or three onions, and fry together in a little bacon fat till brown. Put in casserole, pour over 2 cups brown stock, and season with paprika. Put in oven about  $350^{\circ}$ . Meanwhile, in same bacon fat brown a cupful each of sliced carrot, sliced turnip, some tiny whole onions, and 2 cups raw potatoes cut into little balls like the onions. Add the

vegetables, and salt to taste, to casserole when the meat is partly cooked. Finish cooking adding more stock if necessary—cook about 2 hours. Thicken with flour.

### KABOBS

1. Put on metal skewer a piece of chicken liver, a slice of bacon, a slice of onion, 1 or 2 raisins, or stoned prunes. Repeat 2 or 3 times, and grill. Or Sprinkle with curry powder and serve with curry sauce.

2. Season pieces of lamb, kidney, bacon and onion with salt, ground ginger and curry powder. Leave an hour or two. Put on skewers and bake in oven. Serve with boiled rice and curry sauce.

3. Alternate on skewer pieces of lamb, or mutton, a bayleaf, slices of sheep kidney, bacon and sausages. Grill or fry. Serve with tomato or curry sauce.

### KIDNEY CROQUETTES

Two kidneys, 1 egg, 1 cup breadcrumbs, 1 slice bacon, 1 shallot (or small onion), pepper, salt, parsley and a little milk. Soak 1 tablespoon breadcrumb in the milk, add 1 teaspoon chopped parsley and chopped onion; chop bacon and kidney. Mix all together, season to taste with pepper and salt, and bind together with part of the beaten egg. Shape into round balls; dip each into the rest of the beaten egg, then in breadcrumbs, and fry in hot fat. Drain on soft paper and serve with fried potatoes.

### KIDNEYS (Crumbed)

Wash  $\frac{1}{2}$  dozen kidneys, split in half crosswise. Remove centres, drain and dry. Dip each in mixture of 1 egg beaten slightly,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon mace, 1 tablespoon water and  $\frac{1}{2}$  teaspoon minced onion. Roll in fine breadcrumbs. Put in greased casserole cut side down. Bake uncovered in hot oven  $450^{\circ}$  about 20 minutes.

### KIDNEY PATTIES

Mince 2 sheep kidneys and 1 small onion, and add them to 2 cups mashed potato, and any cold cooked vegetable (chopped carrots, peas, beans etc.) Bind all with an egg beaten with a tablespoon of cold water. Season to taste. Flour the hands and form into cakes or balls, roll them in breadcrumbs or flour, and fry in very little fat till brown on both sides.

### KIDNEY FLAN

For 5 people allow  $\frac{1}{2}$  lb. short pastry, 6 sheeps' kidneys, 3 eggs, 1 oz. butter, chopped parsley, salt and pepper. Line pie plate with short crust, and bake a nice brown. Skin and halve kidneys, roll in flour, pepper and salt. Stew slowly with small amount of water till tender. Flavour well. Melt 1 oz. butter in frying-pan, break in eggs and scramble them. Fill pastry case with stewed kidneys, cover with scrambled eggs. A few fried tomatoes may be placed on top. Serve very hot.

### KIDNEY PUDDING

Three or four sheeps' kidneys, 2 large cups breadcrumbs, salt and pepper, 1 teaspoon or more chopped parsley, 1 teaspoon chopped herbs if liked, 1 egg, 1 small teacup milk. Skin, and wash the kidneys, cut into dice. Mix all together well, bind with the egg and milk, and steam in buttered basin for about an hour. Serve with smooth brown gravy.

### KIDNEY PUDDING (Steamed)

Chop up  $\frac{1}{2}$  ox kidney, add 1 cup milk,  $1\frac{1}{2}$  cups wholemeal breadcrumbs, salt to taste, 1 dessertspoon chopped parsley, 1 dessertspoon chopped chives, 1 teaspoon thyme. Put into basin, tie paper over it. Steam 2 hours. Serve with white sauce to which is added  $\frac{1}{2}$  teaspoon made mustard and  $\frac{1}{2}$  teaspoon marmite.

### KIDNEYS TURBIGO (Lambs')

For 6 people allow 6 kidneys, 3 sausages, about 18 slices bacon, mashed potatoes and chopped parsley. Cut kidneys in half lengthways, and skin. Wrap each in a strip of bacon, fasten with toothpick. If no pick, lay with fold underneath. Skin sausages (put in cold water for a few minutes). Roll sausage meat into balls, fry in hot fat till coloured. Fry wrapped kidneys in same pan for a minute or two, till bacon is coloured. Put kidneys and sausage balls in clean pan. Pour off surplus fat in frying pan, and make gravy. Pour this over kidneys and sausages, bring to boil, and cook for about 10 minutes. Season to taste. Arrange mashed potatoes round edge of dish, pour kidney and sausage mixture into middle. Fry remaining bacon, arrange over kidneys and sausages. Sprinkle with chopped parsley and serve hot.

### KIDNEY POTATO DISH

Have two very large unpeeled potatoes. Split and skin 2 sheep kidneys. Rub into cut sides a little mustard, pepper and salt. Cut potatoes lengthwise into halves. Scoop out hollow in each half and put kidney halves into hollows. Pepper small rasher of bacon both sides, put on top of kidney in one half of potato, and then place both halves of potatoes and kidneys together, and tie with raffia or string. Bake in hot oven or in picnic wood fire.

### KUMARA TART

Line meat-dish with short pastry, and bake brown. Boil 6 large kumaras in salted water, strain, and mash. Add 1 medium onion chopped, 1 tablespoon butter, 3 tablespoons grated cheese, 1 good tablespoon chopped parsley, and 1 egg. Beat with fork, put into lined dish, spread another piece of pastry on top, bake about 20 minutes, moderate oven. Cut into squares when cold.

### LANCASHIRE DISH

Two pounds rump steak, 2 lbs. apples, 2 or 3 onions, pepper and salt. Cut steak in small pieces, peel apples and onions. Arrange steak, apples and onions in layers in casserole. Season each layer. Do not add water. Cook about 3 hours very slowly in oven—put lid on dish, and do not disturb.

### LENTEN DISH (Merivale)

Fry some slices of bread in butter, also slice some tomatoes and fry them in butter. Place tomato slices on bread slices. Now fry in own oil, tin of sardines, and place these on top of tomatoes. Grate some cheese over, round all this place mounds of cooked peas, runner beans, potatoes chipped or mashed, grated carrots and chopped parsley.

### LEFT-OVER SOUFFLE

Mix about 2 cups of chopped turkey, duck, fowl or any left-over meat with a cup of good white sauce. Add 2 tablespoons chopped parsley, yolks of 3 eggs, 1 tablespoon of grated onion, salt, pepper and paprika. Beat whites stiff, and fold in. Turn into buttered dish and sprinkle with buttered crumbs. Stand in outer tin of water, and bake in steady oven.

### LEFT-OVER SOUFFLE

One and a half tablespoons butter,  $\frac{1}{2}$  cup milk, dash pepper, 1 dessertspoon minced onion, 2 eggs separated, 2 tablespoons flour,  $\frac{3}{4}$  cup finely chopped fish, meat or chicken left-overs, dash Worcester sauce, pinch salt. Melt fat, blend in flour, cook a little. Add milk, make smooth and cook stirring. Add chicken, seasonings, and egg yolks. Mix well. Beat egg whites till stiff but not dry, with pinch salt, fold into mixture. Pour into one big casserole, or four or five individual greased dishes. Only fill three-parts full, as it rises. For one big one, bake 60 minutes, oven about  $325^{\circ}$ , 35 minutes for small ones.

### LEFT-OVER MEAT AND VEGETABLE LOAF

Three cups left-over meat, 1 cup celery, 1 cup raw onion, 1 cup cooked potatoes, 2 eggs, 1 cup carrots,  $\frac{1}{4}$  teaspoon red pepper, 1 teaspoon pepper, 2 teaspoons salt, 1 cup milk. Mince meat and vegetables. Add pepper and salt, and mince again to make it light. Add eggs and milk and mix well. Pack into loaf tin, bake about 1 hour. Serve with tomato sauce.

### LENTIL PATTIES WITH APPLE SAUCE

Two cups of cooked lentils, well drained, 2 tablespoons chopped onion, pinch sage, 2 cups mashed potatoes (nicely seasoned), 2 tablespoons butter. Fry without browning, the onion and sage in the butter. Add the lentils. Shake together, and mix in the mashed potatoes. Press into patty-pans, and brown slowly in a moderate oven for  $\frac{1}{2}$  an hour. Serve with apple sauce.

### LENTIL AND POTATO PIE

Half a pound lentils, 2 parsnips or onions, seasoning, 6 to 8 potatoes,  $\frac{1}{4}$  lb. minced fresh meat or bacon scraps. Soak lentils overnight, add chopped onion and cook with lentils in sufficient water nearly to cover till both are soft. Mash well and season. Steam, mash and season potatoes. Spread layers of lentils and onions and minced meat in a deep baking tin or pie dish. Cover with a thick layer of mashed potatoes and dot with small pieces of dripping. Bake for 1 hour till brown. Serve with good brown gravy and green vegetables.

### LIVER (Minced—Good for Anaemia)

Mince the liver. Slice two or three tomatoes, cook for a few minutes with 1 dessertspoon butter, pepper and salt. Then add the liver, but do not cook—just heat.

### LIVER (Cook Quickly)

Rub seasoned flour into slices of liver. Heat butter in saucepan, and when very hot, put in liver slices. Turn with wooden spoon. Cook quickly till brown all over. Should not take more than about 5 minutes. Should be soft and tender right through.

### LIVER IN BAKED APPLES

One cupful minced liver, 6 apples,  $\frac{1}{4}$  lb. chopped nuts,  $\frac{1}{2}$  cupful raisins, 2 tablespoons lemon juice. Core the apples, but do not peel. Mix the minced liver with raisins, nuts, and lemon juice. Fill into the centres of the apples, and bake in a moderate oven until the apples are tender.

### LIVER BAKED (Quick)

Fry slices of liver in butter to brown, but not to cook. In shallow piedish put chopped-up bacon, chopped parsley, grated onion, pepper and salt, and the slices of browned liver. Pour over the butter the liver was browned in. Cover and bake 15 to 20 minutes in hot oven.

### LIVER CASSEROLE

Threequarters pound diced liver,  $\frac{1}{2}$  cup chopped green pepper (optional),  $\frac{3}{4}$  cup sliced onion, 2 tablespoons flour, 2 slices chopped bacon,  $1\frac{1}{2}$  cups strained tomato juice,  $1\frac{1}{2}$  cups cooked spaghetti, 2 teaspoons salt. Scald the liver, roll it in flour. Lightly fry the onion, liver, and bacon. Add the other ingredients, and turn into a casserole. Bake, covered, at  $350^{\circ}$  for about an hour.

### LIVER AND KIDNEY DISH

Put in piedish slices of liver, and 2 sheeps' kidneys, diced. Add 1 carrot, 1 parsnip, 1 onion cut small, and a little cauliflower, or any vegetables. Finish with sliced potatoes, bake 2 hours or until vegetables are cooked. Have water almost to cover. Season with pepper and salt, and pinch of dried herbs.

## LIVER WITH FRENCH FRIED ONION RINGS

Cut liver in  $\frac{1}{2}$  inch slices. Roll in seasoned flour. Fry lightly in bacon fat, turning with spoon, so that juice does not run out. Cut big onions in  $\frac{1}{4}$  inch thick slices, separate into rings. Make good batter with 1 egg,  $\frac{1}{2}$  cup flour, pinch baking powder, salt to taste, and milk—about  $\frac{1}{2}$  cup. Dip onions in this, or alternatively in milk first, then flour. Fry in hot deep fat. Drain on paper, sprinkle with salt. Serve with the liver.

## LIVER (Roasted)

Wash thoroughly, and wipe dry. Cut a long deep hole in the side, and stuff with breadcrumbs, bacon, and onions chopped, salt and pepper to taste, a piece of butter, and 1 egg to bind. Sew or tie the liver together. Spread with dripping, and bake about 1 hour in fair oven, basting frequently. Serve with gravy and currant jelly.

## LIVER PIE (Scottish)

Slice liver in thin pieces, roll in seasoned flour, lay in casserole. Cover with layer of tomatoes, layer chopped onion, layer sliced raw potatoes. Add dabs of dripping or fat saved from cooking bacon. Bake slowly till done.

## LIVER (Southern)

One pound calves liver cut in 1 inch cubes, 2 small onions sliced thinly, 2 sprigs or more of parsley, pepper and salt. Sprinkle liver with salt and pepper, cover with slices of onion and let stand about 2 hours. Fry 1 minute in hot fat, strain, and garnish with lemon and parsley.

## LIVER TEA

One pound gravy beef cut small, barely cover with water, and simmer gently in double boiler for about 2 hours. Press to get all the juice out of the meat. Let it cool, and add about  $\frac{1}{2}$  lb. minced liver, press again and stir well, but do not cook. Strain, add pepper and salt. Re-heat to drink, but do not boil. Marmite can be added.

## LUNCHEON DISH OF PUMPKIN AND CHEESE

Steam about 2 lb. of pumpkin till tender, drain, add two large tablespoons of cooked rice or macaroni, and mash together, adding two tablespoons butter, pepper and salt to taste, and half a gill of top milk or cream. Beat up two egg yolks and stir these in with 2 oz. of grated cheese. Turn mixture into a baking dish, sprinkle with a good layer of grated cheese, a layer of bread-crumbs over this, with a few bits of butter scattered on top. Bake in a good oven till nicely browned on top. Very tasty.

## LUNCHEON SAUSAGE

One and a half pounds blade steak,  $\frac{1}{2}$  lb. lean bacon, 2 cups bread-crums, 2 eggs,  $\frac{1}{2}$  grated nutmeg, pepper and salt. Mince steak and bacon. To this add bread-crums and grated nutmeg. Break two eggs into mixture and mix together. Put in basin and steam 3 hours. Turn out, slice as required when cold.

## MACARONI CHEESE

One cup macaroni, 4 tablespoons flour, 2 quarts water, 1 cup melted cheese, 2 teaspoons flour,  $\frac{1}{2}$  teaspoon salt, 2 cups milk, 3 tablespoons butter, pepper to taste. Bring salt and water to boil, drop in macaroni in inch lengths. Boil till tender, drain, and pour cold water through to prevent stickiness. Make sauce of remaining ingredients, stir in macaroni, serve hot. May be put in buttered baking dish, sprinkled with buttered crumbs, and baked till brown.

## MACARONI (Savoury)

One cup uncooked macaroni, 2 cups cooked tomatoes, 1 medium chopped onion, 1 tablespoon sugar, 1 tablespoon butter, salt and pepper. Cook macaroni in salted water 10 minutes, rinse and drain. Then add remaining ingredients. Put in casserole and bake moderate oven 30 minutes.

## MACARONI SCRAMBLE

Boil some macaroni till soft. Line pie dish with it. Mince left-over cold mutton, chicken or veal, season with pepper and salt and parsley. Almost fill dish with meat, and cover with fresh mashed potatoes. Bake till hot through. Turn out on to dish, and serve with good gravy.

## MACARONI CHEESE DE LUXE

Cook sufficient macaroni in boiling salted water till tender, strain and wash well under cold tap to remove stickiness. Put into saucepan and cover with milk, to which has been added one or two beaten eggs. Stir in plenty of grated cheese as desired. Bring to boil, thicken if necessary, with a little best cornflour. Transfer to buttered baking dish, cover with thin slices of tomato (this is optional), then sprinkle thickly with breadcrumbs and dot with butter. Bake in moderate oven till nicely brown.

## MACARONI MEAT HASH

Two tablespoons macaroni, 2 or 3 large onions, left-over cold meat, tomato sauce and cheese. Cook macaroni in salted water till tender. Slice onions, lay in bottom of casserole, put layer of minced meat, layer of onions, macaroni, etc., till dish is full. Put 2 or 3 tablespoons tomato sauce, grated cheese, breadcrumbs and dabs of butter. Moderate oven. Brown well on top.

## MEAT BALLS (Swedish)

One and a half pounds minced lean steak,  $1\frac{1}{4}$  cups rice, 2 cans undiluted tomato soup. Mix washed rice with meat until evenly distributed, roll into little balls not too tightly packed. Place in pan with a little fat and brown lightly on all sides. Pour tomato soup over the patties. Place in moderate oven and bake about 2 hours, until rice is cooked. Pepper and salt to taste.

## MEAT PUDDING (Special)

Line basin with good suet crust. Put in thick layer of minced steak, then some sliced fried onion, 2 slices bacon cut up, a layer of tomato slices and a little gravy. Season and put on a little layer of crust. Repeat all this and finish with pastry lid. Put greased paper on top and steam about  $3\frac{1}{2}$  hours.

## MEAT PUDDING (Left Over)

Half pound of cold mutton, rabbit or beef, 1 teacup flour, 1 tablespoon chopped parsley, 1 boiled onion, 1 breakfast cup milk,  $\frac{1}{2}$  teaspoon salt, 1 egg, little pepper and nutmeg. Mix gradually in a bowl the flour, parsley, chopped onion and seasoning, with the beaten egg and milk, until a smooth batter. Cut the meat

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into small pieces and add. Butter a pudding dish well and pour the mixture in, bake for about  $\frac{1}{2}$  hour, turn out and serve with gravy over or around. The same may be put in a buttered basin and covered with butter paper, then steamed for 1 hour. Turn out and serve with brown sauce. An excellent dish for lunch or children's dinner.

### MEAT LOAF

Two pounds good beef, 2 oz. bacon, 1 teaspoon salt, 1 tablespoon parsley chopped fine, pepper, 1 cup breadcrumbs, 1 egg, 1 teaspoon onion juice,  $\frac{1}{2}$  cup milk. Mince meat and add other ingredients. Shape into loaf with floured hands, and bake in oven at  $450^{\circ}$  for about 45 minutes. Place strips of bacon on top before cooking. Serve with gravy or tomato sauce.

### MEAT LOAF (Crusted)

Have ready flaky pastry, 2 cups finely chopped cooked chicken, ham, veal etc., 1 cup finely chopped cooked potatoes, 1 teaspoon salt, sprinkle of pepper,  $\frac{1}{4}$  cup meat stock or gravy. Mix all together. Roll pastry into oblong and  $\frac{1}{4}$  inch thick. Form meat mixture into a roll. Place on pie crust. Fold over, tuck ends in nicely. Put in greased bread tin. Brush with butter. Bake hot oven  $375^{\circ}$  for about 35 minutes. Slice and serve with tomato or mushrooms.

### MEXICAN RAREBIT

One ounce butter or fat,  $\frac{1}{2}$  green pepper, 6 oz. grated cheese, 4 oz. tinned sweet corn, 1 medium tomato, 2 oz. breadcrumbs, 1 egg. Melt butter, add sliced green pepper and stew gently. Add cheese and stir until it has melted. Beat egg and stir into mixture with corn, breadcrumbs, and cut up tomato. Season with salt. Stir well, pour on to slices of toast and serve very hot.

### MINCE PUDDING

Mince 1 lb. of lean topside finely, mix with  $\frac{1}{8}$  lb. flour, seasoning to taste,  $\frac{1}{4}$  lb. shredded suet and an egg to bind. Line basin with this, fill centre with finely diced spring vegetables—carrots, turnips, beans, peas, etc. Cover with white sauce, put on mince meat mixture lid, cover greased paper, steam  $1\frac{1}{2}$  to 2 hours. Turn onto dish, serve with melted butter.

### MOCK FOWL

Simmer a leg of mutton until tender, leave in liquid till next day. Then take out and put on big dish, pour over it, while still hot, plenty of good thick parsley sauce. See that the whole leg is thoroughly coated, and leave it to get quite cold. Then put on clean plate, surround with sprigs of parsley, and serve with salad and new potatoes.

### MONKS' PIE

Three cups mashed potatoes, 2 tablespoons butter, 3 heaped tablespoons grated cheese,  $\frac{1}{2}$  lb. tomatoes, 1 teaspoon grated onion,  $\frac{1}{2}$  pint white sauce, 4 or 5 eggs, pepper and salt. Slice tomatoes, simmer in saucepan with butter till pulpy. Rub through sieve, beat in with potatoes, add seasoning, onion, and  $\frac{1}{2}$  the cheese. Put in piedish, make hollows with spoon. Break in four or five whole eggs. Cover with white sauce, sprinkle with rest of cheese. Bake till brown in hot oven.

### MUSHROOM MOUTHFULS

Fry  $\frac{1}{2}$  lb. mushrooms in butter. Then chop very fine and mix with 2 tablespoons of breadcrumbs already moistened with top milk, season with pepper and salt, cayenne and a dash of grated cheese. Have ready some half rashers of bacon. Spread these with the mushroom mixture, roll up neatly and fasten with tiny wooden skewers. Flour them slightly and fry in hot butter (or good fat)—Serve on fried bread or toast.

### MUSHROOMS (Stewed)

Remove skins and stalks from 1 lb. mushrooms. Melt 2 oz. butter in saucepan, add juice of half a lemon, put in the mushrooms, season with pepper and salt, cover and cook gently for 20 to 30 minutes, shaking the pan occasionally. Mix a tablespoon flour with a breakfast cup of milk, pour this into saucepan, stir and simmer for a few minutes till blended and thickened. Serve with hot toast.

### MUTTON IN ENVELOPE

Make good light suet crust, roll out about  $\frac{1}{2}$  inch thick, and wrap it round a whole or half leg of mutton. Tie the whole in floured cloth, pop into saucepan of boiling water, and boil steadily 2 or 3 hours, depending on size of meat. When cooked, take off cloth, and serve with caper or onion sauce.

### OMELETTE (With a slice of bread)

This omelette saves an egg—or more. Three people use only 2 eggs. Beat the yolks and whites separately. To the yolks add pepper and salt to taste, chopped thyme, parsley or chives or onion. To this add the beaten whites. With a fork beat in a slice of white bread soaked in a little hot milk. This is a very light and delicious omelette.

### OMELETTE (Cheese)

Three eggs, 2 dessertspoons flour,  $\frac{3}{4}$  cup milk, some cheese, pepper and salt. Beat yolks and whites separately. Mix flour and milk very smooth, add yolks, seasoning, and stiffly beaten whites. Melt an ounce of butter in pan, pour in batter, sprinkle cheese over top Cook over medium heat. Don't turn omelette, brown under griller or in oven.

### OMELETTE (Savoury)

Three eggs, 1 tablespoon milk, 1 teaspoon parsley, salt and pepper, 1 oz. butter (can use dripping instead of butter). Beat egg yolks and milk, add pepper, salt and parsley, and fold in stiffly beaten whites. Melt butter in a pan, add mixture and stir till it thickens. Cook till golden brown. Before folding over, place 2 tablespoons of hot cooked minced liver, and 1 tablespoon hot cooked minced kidney, and then fold over. Serve at once.

### ONION RINGS (French Fried)

Three large Spanish onions,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon baking powder, 1 egg yolk,  $\frac{1}{3}$  teaspoon salt,  $\frac{1}{2}$  tablespoon melted shortening. Peel onions—cut across into slices  $\frac{1}{4}$  inch thick. Separate into rings. Make batter by beating together the milk, flour, baking powder, salt, egg yolk, and melted shortening, using an egg beater. Dip the onion rings into this batter and fry until browned in deep fat, hot enough to brown a cube of bread in a minute— $350^{\circ}$ . Drain on crumpled paper towels, dust with salt and serve with fish or baked tomatoes. Alternatively, the onion rings may be dipped first in milk and then in flour and dropped into deep smoking hot fat. They are cooked in 3 to 4 minutes. Take up with perforated spoon, drain and serve.

## ONION SAVOURY

Four large onions, 2 oz. dripping, 2 tablespoons breadcrumbs, 1 oz. grated cheese, 2 tablespoons cold minced left-over meat, pepper and salt. Boil onions till nearly cooked. Remove centres and mix with meat, crumbs and seasoning. Stuff onions. Sprinkle with cheese. Bake in hot dripping, basting, for a little while. Any leftover meat or bacon bits minced, may be used.

## ONIONS (Scalloped)

Four large onions sliced thinly, 1½ cups milk, 1 cup crumbs, ½ cup flakes, ¼ cup grated cheese, salt and pepper, 1 tablespoon butter. Melt butter. Add crumbs, cheese and a few chopped walnuts if you have them. Mix up. Put layer of onions in dish. Then layer of crumb mixture. Salt and pepper to taste on each layer. Repeat. Add milk. Put lid over and bake about 1½ hours, but about 10 minutes before serving remove lid and spread with flakes and dots of butter and brown.

## ONION SHORTCAKE

Line pie plate with short pastry. Slice 6 medium onions, sprinkle with salt, and add to 2 tablespoons melted butter in frying pan. Cover and simmer gently, stirring, till soft, but not brown. Add 2 tablespoons chopped parsley and let cook. Mix half lightly beaten egg with ½ cup milk and pour over onions. Cook a minute, pour into pie plate, bake about ½ an hour, hot oven. The other half egg can be used in pastry.

## ONION TOAST (Hampshire)

Fry sliced onions brown, spread thickly over hot buttered toast. Season with pepper and salt, cover with thin slices of cheese, spread with a little mustard, and put in a hot oven till cheese is melted. Serve at once.

## PAISLEY STEW

Cut 1 to 1½ lb. steak into pieces, roll in seasoned cornflour. Roll up rashers of bacon, roll in seasoned cornflour. Put both into casserole. Peel and slice 2 tomatoes, chop a head of celery into inch lengths, and add to casserole. Season, add water or stock to cover. Cook about 2 hours in slow oven.

### **PEASE PUDDING**

One pound split peas, 1 beaten egg, 2 tablespoons bacon fat, 1½ teaspoons dried mint, pepper and salt. Soak peas all night. Then boil till cooked. Rub through sieve, stir in beaten egg and rest of ingredients. Put in greased basin, cover with butter paper and boil one hour.

### **PEASE PUDDING WITH TOMATO SAUCE**

One pound split peas, 1 stalk celery, 1 leek, 2 onions, parsley, fresh herbs, 1 teaspoon salt (about). Wash and soak peas overnight. Tie loosely in a cloth and simmer slowly for 2 hours. Chop the onion, celery and leek into small dice and brown them in butter or oil until they are tender. Add the peas, salt, parsley and herbs, and mix well together. Put into a casserole and bake slowly in the oven for an hour. Serve with tomato sauce, with or without vegetables.

### **PICNIC PIE**

Fry pork sausages till brown, but not quite cooked. Line deep pie plate with flaky pastry. Put on sausages halved lengthwise, then rashers of bacon, sliced tomatoes, and lastly break carefully on top some eggs. Season with pepper and salt, cover with pastry. Bake till done. Serve hot or cold.

### **PINEAPPLE LUNCH DISH**

Parboil sweet potatoes (kumaras) in salted water until tender. Peel, cut in half, or in four lengthwise. Wrap each in slice of bacon. Place slices of pineapple in shallow baking dish, sprinkle with brown sugar, put on each the piece of wrapped potato. Bake moderate oven till cooked.

### **POOR MAN'S GOOSE WITH APPLE**

Slice a sheep's liver and pour hot water over. Make a good sage and breadcrumb stuffing as below. Grease casserole, put good layer of stuffing, cover with a layer of sliced raw apple, then a layer of liver. Sprinkle with chopped bacon, then put layer of sliced parboiled potatoes. Repeat till dish is full. Apple replaces apple sauce.

### POOR MAN'S GOOSE

Slice thickly a lamb or sheep fry. Make plenty of sage and onion stuffing, with 8 oz. breadcrumbs, 2 chopped parboiled onions, 2 oz. butter, about 12 sage leaves chopped finely (or 1 teaspoon dried powdered sage,) a pinch of ginger, pepper and salt to taste. Mix with beaten egg, or milk if no egg. In greased casserole put a double layer of sliced parboiled potatoes, then a layer of liver slices, then of stuffing. Repeat till dish is full, finishing with potatoes. Add chopped bacon if liked. Pour over a small teacup of water or gravy, cover with greased paper, bake moderate oven about 1½ hours. Serve with apple sauce.

### PORK CASSEROLE

Skin 6 pork sausages and cut in half lengthways. (To skin put in cold water first for a few minutes). Put in buttered pie dish. Make batter—1½ cups flour, 1½ teaspoons baking powder, ¼ teaspoon salt, 1 cup milk, 1 egg, 1 teaspoon chopped parsley, ½ teaspoon mixed herbs, 1 tablespoon melted butter. Sift flour and salt, add herbs and parsley. Make well in centre, break in egg. Stir with spoon, gradually stir in half the milk. Beat for 10 minutes, add the remaining milk and melted butter. Pour over sausages. Bake in hot oven about 30 minutes. Serve hot with tomato sauce.

### PORK CHOPS (Fruit Stuffed)

Six thick pork chops, 1¾ cups day old breadcrumbs, ¼ cup minced onion, ¾ cup finely chopped tart apples, ¼ cup chopped raisins, ½ teaspoon salt, dash of pepper and sage, 1 teaspoon sugar, 2 tablespoons melted butter or fat. Combine all stuffing ingredients. Stuff pockets in chops and fasten openings with tooth-picks. Flour chops, brown in hot lard and season with salt and pepper. Remove to casserole, add a few tablespoons water, cover and bake at 350° for about 40 minutes or till done. Remove tooth-picks before serving.

### PORK LOAF

Two pounds of pork sausages, 1 onion, few sage leaves, 1 egg, 1 tablespoon flour, 1 dessertspoon gravy salt. Skin sausages, mix with minced onion and chopped sage. Pepper and salt to taste, and a dash of ground ginger. Onion may be parboiled. Mix flour

and gravy salt and work in, and bind with beaten egg. Form into loaf and bake in hot tin, oven about  $350^{\circ}$ , about  $1\frac{1}{2}$  hours. Serve with baked jacket potatoes, baked stuffed onions and a green vegetable.

### PORK PIE WITH APPLES

Half pound flour, 3 oz. good dripping or lard, 1 dessertspoon water,  $\frac{1}{2}$  teaspoon salt, 1 gill milk, 2 oz. fine breadcrumbs, 1 lb. pork sausage meat, 1 lb. lean cooked pork, 2 stewed apples, sage and grated onion. Sift flour and salt, bring milk and dripping to boiling point, pour over flour and mix to smooth paste. When cold enough to handle, roll out two-thirds of pastry and line a tin. Put in meat, apples, breadcrumbs and seasoning, piling high in centre. Roll remaining pastry for lid. Make hole in centre. Bake hot oven about an hour.

### PORK POT ROAST

Four pounds shoulder of pork,  $1\frac{1}{2}$  teaspoons salt, 6 medium apples,  $\frac{1}{2}$  cup seedless raisins, 4 tablespoons flour to thicken. In saucepan with good fitting lid, brown meat on all sides in a little fat. Add salt and 1 cup water or stock. Cover tightly and cook slowly on top of stove till tender, about  $2\frac{3}{4}$  hours. Core, peel and quarter apples, add with the raisins. Cook till apples are done and raisins are plump. Take out, thicken gravy, adding water to make about 2 cupfuls.

### POTATO AND CHEESE BLOCKS

Little blocks of cheese, spread with mustard. Plenty of mashed potatoes, bound with an egg and seasoned. Wrap each piece of cheese in potato, dip in beaten egg, roll in flakes, and fry golden brown.

### POTATO STUFFING (For Veal or Beef)

Have a pocket made in the meat. Fill with following stuffing—4 large grated raw potatoes,  $1\frac{1}{2}$  cups soft breadcrumbs, 2 beaten eggs,  $1\frac{1}{2}$  cups fried onions, a little pepper and salt. Put any not used in stuffing into little custard cups. Place around meat for last half hour. Baste once with hot fat. Arrange around meat on dish, with some bright coloured vegetable between each—carrots, tomatoes, or a green vegetable.

## PRUNE, APPLE AND BACON SAVOURY

Wrap rashers of fat bacon round soaked, stoned prunes and set on thick apple rings. Put on buttered baking sheet, and bake until the apples are soft, and the bacon nicely crisped.

## RABBIT AND BEEF PUDDING (Welsh)

One rabbit, 3 onions, 1 turnip,  $\frac{1}{2}$  lb. flour, 1 teaspoon baking powder,  $\frac{1}{2}$  lb. lean beef, 1 carrot, 2 potatoes, 4 oz. suet (grated), 3 tablespoons flour seasoned with salt, pepper and nutmeg. Joint rabbit, and soak in salted water for 20 minutes. Cut beef into pieces an inch long, roll each piece in the seasoned flour. Peel and slice the vegetables. Make a crust of the half lb. flour, grated suet, baking powder, salt and a little water. Roll this pastry out thin, line greased pudding basin, leaving enough pastry for a lid. Dry rabbit joints, roll in the seasoned flour, pack in the basin with the vegetables and the beef, and pour in a cup of water. Cover with pastry top, tie over a piece of greaseproof paper, and steam for 3 hours or more. Serve with onion sauce.

## RABBIT CUSTARD PIE

Stew 2 young rabbits till tender. Cut into joints, put best parts in piedish. Beat 2 eggs, add 2 spoonfuls cream and 1 teacup stock from boiling rabbit, pepper and salt to taste, and 3 teacups milk. Pour over rabbit, sprinkle with chopped parsley, cover with puff pastry. Cook about  $\frac{3}{4}$  hour. Hot or cold with salad.

## RABBIT FRICASSEE

Cut one rabbit into neat pieces, and wash well in warm water, then soak in milk and water (to whiten), then place in a stewpan with enough stock, or milk and water, to cover; add 1 onion stuck with 2 cloves, a bunch of herbs, salt and pepper. Simmer 1 hour or till tender. Make 1 pint white sauce, using half milk and half stock from the rabbit, add 2 teaspoonful capers, one teaspoonful vinegar from the capers, 1 teaspoonful sugar, 1 dessertspoonful butter, salt and pepper. Strain the stock from the rabbit, pour the sauce over, and serve in a border of rice. Garnish with cut lemon. Keep the surplus stock for soup. Parsley or onion sauce can be used instead of caper.

### RABBIT HAWAIIAN

Fry slices of tinned pineapple till light brown, in butter. Remove, fry chopped onions in same fat. Roll joints of rabbit (or chicken) in seasoned cornflour, fry in fat. Put in casserole with slices of bacon, onions, and pineapple slices on top. Make up pineapple juice with water to 2 cups, and add. Cover and cook 1 hour. Add curry if liked.

### RABBIT AND MUSHROOM PUDDING

Joint rabbit, soak in vinegar and water. Line pudding basin with suet crust, put layer of rabbit, chopped onion and sage, layer of peeled mushrooms, pepper and salt, and repeat till basin is full. Sprinkle with cornflour, nearly fill with water, put on suet crust, and steam about 3 hours.

### RABBIT PILAU

Fry 2 large chopped onions in 2 oz. butter. When turning brown, add  $\frac{1}{2}$  lb. cooked rice, and fry about 10 minutes. Put in casserole. Fry rabbit joints rolled in seasoned cornflour in 2 oz. butter. Add to casserole, add water or stock, cover, and cook slowly about 2 hours.

### RIBSTON PIE

Half pound bacon, 1 lb. onions, 1 lb. apples, 1 tablespoon sugar, 2 teaspoons sage, pepper and salt to taste, pastry. Line deep pie dish with slices of bacon from which the rind has been removed. Cover with slices of onion, sprinkled over with half the sage and pepper and salt to taste, then cover with layers of apples, pared and sliced, sprinkled with sugar, a little more sage, pepper and salt. Pour in 1 teacup of water and put on a crust of good short pastry. Bake for  $1\frac{1}{4}$  hours.

### RIVIERA EGGS

Line sides of piedish with mashed potatoes. Add 4 tablespoons cheese, pepper and salt, to half pint good white sauce. Place in dish 4 chopped hard boiled eggs. Add sauce, sprinkle with more grated cheese. Cover with rest of mashed potatoes, put dabs of butter, brown in oven and serve hot.

## RISOTTO

One medium onion, 1 small green pepper, 1 stalk celery, 1 slice lean raw ham, 2 oz. butter or fat, 1½ cups beef broth, 1 cup rice, ½ cup tomato puree. Cut onion, pepper, celery and ham finely. Fry in butter or fat. Add a cup of well washed rice. Braise till golden brown. Put into casserole. Add beef broth and tomato puree. Stir up well and put lid on. Bake till ready—20 to 30 minutes. Broth may be made with hot water and marmite or beef extract.

## SAUSAGES (Home-Made)

Mince together 1 lb. beef and ¼ lb. bacon. Soak stale bread in water, squeeze and add to minced meat. Pepper and salt, teaspoon spice, and herbs if liked. Roll into little sausages, dip in flour, and fry. Serve with gravy.

## SAUSAGE AND BAKED APPLE ROLL

Skin and roll out 2 lb. sausages. Spread on 2 cups diced apple, 1 cup chopped onion, 1 cup breadcrumbs, 1 teaspoon chopped sage, salt and pepper. Roll like roly poly, dredge with flour, place in baking dish with dripping. Bake good oven for 1 hour or until well browned. Baste frequently. Serve with gravy.

## SAUSAGE AND BACON PIE

Partly cook 1 lb. sausages and parboil 3 onions. Slice onions into pie dish, then add some sliced tomatoes, lay on top of this some bacon (about ¼ lb.). Then sausages. Cover with pastry and bake till pastry is ready and other ingredients tender. Serve with mashed potatoes and parsnips.

## SAUSAGES IN BATTER DE LUXE

Skin and halve the sausages. Make batter of 1 heaped tablespoon wholemeal, 1 heaped tablespoon cornflour, 1 heaped tablespoon Vi-max, ½ teaspoon baking powder, salt, pepper and cayenne to taste, ½ teaspoon curry powder, 1 egg, 2 small finely chopped onions, milk if necessary. Roll sausages in seasoned Vi-max, then dip in batter and fry in hot fat.

## SAUSAGE CAKES

One pound sausage meat, 1 tomato, 2 onions, parsley. Chop onions and parsley fine. Cut up tomato and mix all together with sausage meat. Make into balls and roll in flakes. Flatten slightly and fry.

## SAUSAGES AND ONIONS

Half pound sausage meat, 6 large onions, 2 oz. good dripping, 1 rasher of bacon, 1 sliced carrot, 1 sliced turnip, mixed herbs to flavour, gravy. Peel onions, cutting out centre part of each with round cutter or small knife. Chop centres finely and mix with sausage meat. Fill each onion with mixture. Cut bacon into small pieces and put in a casserole with vegetables and herbs and dripping. Place lid on casserole and heat for 5 minutes. Add onions and baste with melted dripping. Cover casserole, bake moderate oven for 2 hours, basting frequently. When cooked, carefully lift out onions, surround with rest of vegetables, pour over hot gravy.

## SAUSAGE AND PINEAPPLE BUTTERFLIES

Fry  $\frac{1}{2}$  slices pineapple till light brown. Fry sausages. Place sausage on plate, mashed potato each side, stand half pineapple slices in potato to resemble butterfly wings. Sprinkle potato with parsley chopped and fried onion rings.

## SAUSAGE RAGOUT

Flour and fry 1 lb. sausages very slowly until browned. Dice equal parts of ham, carrot, turnip and onion. Simmer in a tablespoon butter or fat till tender. Add  $\frac{3}{4}$  pint water or stock, simmer a few minutes. Strain off liquid into bowl and mix with a packet of mulligatawny soup powder. Return to saucepan. Boil for 1 minute, and add a little top milk and chopped parsley. Pour this over drained sausages and serve with chip potatoes.

## SAUSAGE SAVOURY

Fry 1 lb. pork sausages till brown, fry 1 tin pineapple rings in same fat. Drain all well. Make gravy in pan with cornflour, curry, and pineapple juice. Put sausages back to reheat, serve with rice. Same dish can be done with pork chops instead of sausages.

### SAUSAGES IN SAUCE

Make sufficient bacon rolls filled with sausage meat and secured with a small round toothpick. Dip them in flour, and arrange in pie dish in layers with sliced onions and carrots and potatoes. Have the lowest layer of onions and top one of tomatoes. Pour over all a tin of tomato soup or home-made tomato puree. Bake hot oven about an hour.

### SAUSAGES AND SPAGHETTI

Cook spaghetti in boiling salted water for about  $\frac{1}{2}$  hour. Run cold water through, mix with tomato puree or thick soup. Boil sausages, skin them. Put layer of spaghetti in casserole, then sausages, sprinkle with cheese, more spaghetti. Cook till brown.

### SAVOURY APPLE TART

Two large apples and 1 onion cooked together. Line a pie plate with pastry. Sprinkle on grated cheese. Now the apple and onion mixture. Make a savoury custard of 1 egg, 1 cup milk, pepper and salt and pour over. Put plate on hot scone tray and bake in hot oven, lowering the heat after ten minutes.

### SAVOURY MUTTON

Make filling with diced raw potato, diced turnip, chopped onion, chopped lean bacon, finely chopped parsley, breadcrumbs, pepper and salt. Spread this on a boned flap of mutton, not too fat. Roll up the flap, tie firmly, and place in casserole with about a cup of water. Cover and cook slowly for 2 to 3 hours. Nice with brown gravy and hot vegetables.

### SAVOURY PIE

Prick 1 lb. sausages, lay in bottom of piedish. Add 1 onion, 1 apple, 1 large kumara, and potatoes all sliced. Season with sugar, pepper and salt, a little curry powder. Add 1 cup water. Bake 1 hour. Put on pastry and bake till brown.

### SCHOOLBOY SPECIAL

Split saveloys down the middle lengthwise. Dab on a little mustard and a little tomato sauce. Put saveloys on hot toast, cover with thick parsley sauce.

## SEA PIE

Two pounds of steak or gravy beef, 1 large onion, 1 carrot, 4 potatoes, 1 pint water,  $\frac{1}{2}$  lb. suet paste, salt and pepper. Cut the meat into pieces about 2 inches, fry them in a small quantity of dripping, a nice brown. Cut all the vegetables into thin slices, put them on top of steak, add seasoning, and the pint of water. Make a suet pastry, roll out in a round to fit the inside of the saucepan, put it on the top of the vegetables when boiling and simmer gently 2 to 3 hours. Then lift out the suet paste, place the meat, vegetables and gravy on a hot dish, cut the paste into nice pieces, and put them round the edge of the dish.

## SHEPHERD'S PIE

Half a pound of cold meat,  $\frac{1}{2}$  small onion,  $\frac{1}{2}$  tablespoon parsley, seasoning to taste, stock or water, sauce or ketchup, cold potatoes, Chop the onion finely and fry in a little dripping till tender, mince the meat and parsley. Mix all well, add seasoning and sauce and gravy, put into a pie dish. Cover with a thick layer of mashed potatoes, smooth over with a knife dipped in hot water, and mark into squares with a fork. Put a few pieces of dripping or butter on top, and put into a moderate oven to get thoroughly hot through—about half an hour.

## SPAGHETTI PIES

Cook  $\frac{1}{4}$  lb. spaghetti in boiling water for about 20 minutes, with pinch salt. Drain, add 2 tablespoons tomato sauce, 1 dessert-spoon butter, 2 tablespoons grated cheese, salt and pepper. Line patty pans with short pastry, fill with mixture, sprinkle freely with grated cheese, cover with pastry, seal edges, brush over with egg yolk, bake  $\frac{1}{4}$  hour in hot oven.

## SPAGHETTI SAUCE (Italian)

Mince 1 lb. meat—beef and pork mixed is good, but any would do. Chop 1 medium onion and 1 large sweet pepper. If meat is lean, add 1 or 2 tablespoons olive oil or good fat. Brown slowly over low heat for about 15 minutes, stirring. Add 1 small clove of garlic, chopped fine, pepper and salt, dash of paprika, dash of cayenne, pinch, powdered thyme, 1 medium bay leaf.

### SHIRLEY FRITTERS (Special)

One cup flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 well beaten egg,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup cold minced meat, 2 teaspoons chopped parsley, 1 teaspoon grated onion, pinch mixed herbs if liked. Use any left over cold meat, or cooked mince. Chicken is nice, or bacon and kidney may be added. Meat must be cooked. Sift flour, baking powder and salt. Add milk to egg and mix with dry ingredients only until flour is moist. Then add other ingredients. Fry in fairly deep fat in dessertspoon lots, about 2 minutes each side. Serve with gravy and vegetables. Or thick slices of grilled tomatoes. Makes a lot.

### SOYA BEAN FLOUR

Not only does soya flour contain protein to the extent of 40 per cent, but it also contains fat, mineral salts and various vitamins. It is easily digestible, and is particularly recommended in cases of digestive trouble. As it also contains fat, you can economise in fat in recipes using soya flour.

Here are some hints on using soya flour; When making cakes, pastry, Yorkshire Puddings etc. allow 1 part soya flour to 7 parts ordinary flour, and follow the usual recipe. For steamed puddings allow 1 part soya flour to 3 parts ordinary flour, follow usual recipe and allow a little extra baking powder.

### SOYA BEAN RISSOLES

Take 1 cup soya beans and cover with cold water. Soak 12 hours. Drain, put beans in saucepan with enough water to cover, add a little salt, and cook till tender. This takes several hours. While cooking, watch carefully, as soya beans boil over like milk if they are not watched. Pour off water, and mince beans finely. Shape into rissoles, dip in egg batter (as for fish) and fry in boiling fat till golden brown. Children like soya beans this way, when they will not eat them any other way.

### STEWED RABBIT

Skin, clean and wash a rabbit, cut into joints, roll in flour, cut  $\frac{1}{4}$  lb. of fat salt pork or bacon into strips, fry the rabbit a nice brown, add 1 onion and  $\frac{3}{4}$  of a pint of stock or water. Simmer till tender. Thicken the gravy with a little flour and water. Force-meat balls can be added if liked.

## STEAK AND BACON SAVOURY

Place one pound of beef steak in bottom of a baking dish, then a layer of sliced onions, a layer of bacon, another layer of onions, another layer of bacon, one layer of sliced tomatoes, then again onions. Pour over 1 large cup of cold water, pinch of mixed herbs, season to taste with pepper and a very little salt. Make a batter of 1 cup of flour, 1 teaspoon baking powder, 2 eggs, 1 cup milk, pinch salt. Pour mixture over contents in dish and bake in slow oven one hour.

## STEAK (Baked)

One pound steak, blade for preference. Cut in pieces and lay on bottom of casserole. Make gravy as follows and pour over meat; 1 heaped tablespoon flour, 1 teaspoon sugar, 1 small teaspoon mustard, salt and pepper,  $\frac{1}{2}$  teaspoon baking soda, 2 tablespoons vinegar, 8 tablespoons water (or 1 cup), 1 dessertspoon Worcester sauce if liked. Put into cold oven. If electric turn bottom element to low and top element off. If gas, turn regulo to 2. Leave about 3 hours.

## STEAK (Devilled)

Score porterhouse steak (cut about an inch thick) with a knife. Squeeze the juice of 1 lemon over each side. Mix up 2 tablespoons brown sugar, 1 dessertspoon any dark jam, 1 large dessertspoon Worcester sauce, 2 tablespoons tomato sauce, 1 teaspoon each of pepper and salt, 1 or 2 tablespoons vinegar. Pour over steak in a dish, pressing steak well into it. Soak for two hours, then grill. Heat any of "devil" left, and pour over as sauce.

## STEAK (Savoury)

Beat well both sides, and put in a dish with some vinegar, sliced onion, and pepper, (no salt). Leave it to soak for a while. Then take it out and dry it. Rub over with salad oil or lard. Lay out, spread on it a layer of mashed potato, then a layer of sliced fried onions. Roll up, tie, sprinkle with flour; put in a baking dish. Pour in a little water to come half way. Baste occasionally while cooking in a hot oven about 1 hour or so. Make gravy of the liquid.

## STEAK AND KIDNEY PUDDING

One and a half pounds of steak, 3 or 4 kidneys (sheep's), 1 teaspoon baking powder, salt and pepper,  $\frac{1}{2}$  lb. suet,  $\frac{3}{4}$  lb. flour,  $\frac{1}{4}$  lb. fine breadcrumbs, 1 small onion. Make a suet paste of the flour, breadcrumbs, baking powder and 1 teaspoon of salt. Mix with about 1 cup of water and roll out. Grease a basin with dripping. Cut out a cover for it from paste. Line the basin with paste. Have the steak and kidneys trimmed and cut up into small pieces, and dredged with a mixture of flour, salt and pepper (1 tablespoon flour, 2 teaspoons salt ~~plus~~<sup>1</sup> teaspoon pepper). Cut the onion up fine. Fill the basin with meat and onions, pour in  $\frac{3}{4}$  cup of cold water. Put on the paste, cover, wetting the edges and pinching them together. Tie a floured cloth over, tying the ends to lift it with. Plunge into a pot of boiling water, and boil from  $2\frac{1}{2}$  to 3 hours. Keep the pot lid on. Have a hot dish ready, turn the pudding basin upside down on it, leave a few minutes, then draw off the basin. May also be served from the basin, which in that case should have a napkin tied around it. It is a good idea to cover the pudding with a buttered paper under the cloth. Many people do not use a cloth at all.

## STUFFED STEAK

Two pounds thick topside steak, 1 cup breadcrumbs,  $\frac{1}{2}$  small finely chopped onion, pinch seasoning, 1 egg, pepper and salt, 1 dessertspoon brown sugar, 1 carrot in very small dice,  $\frac{1}{2}$  cup pineapple diced. Cut pocket in steak, mix up seasoning, bind with egg or milk. Stuff. Sew up or fasten with skewers. Braise on a bed of vegetables  $1\frac{1}{2}$  hours. Serve on a hot dish with gravy.

## SEASONED STEAK

Two pounds rump steak, 1 tablespoon sugar,  $\frac{1}{4}$  cup flour, 1 tablespoon Worcester sauce, 1 teaspoon salt, 1 tablespoon vinegar, a sliced onion,  $\frac{1}{2}$  lb. bacon, dash of pepper, 2 cups boiling water. Rub sugar and flour into steak and stand a while. Then cut up and put in layers in casserole with onion and bacon between, finishing with bacon and onion. Mix sauce with vinegar in boiling water, and pour over steak. Cover, and bake slowly in oven for 2 hours.

### STEAK AND KIDNEY PIE

Take 1½ lbs. of steak, 3 or 4 sheep's kidneys and an onion if liked. Cut up the steak and skinned kidneys into neat pieces, and dredge with a little flour to which has been added a little salt and pepper. Cut up the onion finely. Braise the meat and onion in a little dripping in a shallow pan, then cover with hot water and cook with lid on, till the meat is tender. Remove meat to pie-dish, make sufficient gravy in the pan, thickening a little and add. When cool, cover with plain or puff pastry, and prick to let out steam. Bake in good oven to cook the pastry. A few mushrooms may be added if liked.

### SWEETBREADS AND MUSHROOMS (American)

Two sweetbreads, 2 tablespoons melted butter, 2 tablespoons flour, pepper and salt, 2 cups milk, 1 lb. mushrooms. Parboil sweetbreads, then fry them in a little butter. Mix together 2 tablespoons flour, 2 cups milk, pepper and salt and add this gradually to the sweetbreads, simmering till thickened. Peel mushrooms and fry, and add to the sweetbread mixture. Put all into a pie dish, cover with breadcrumbs, dot with butter and bake in a hot oven about 8 minutes.

### STEWED OX TAIL AND KIDNEYS

One ox tail, 6 kidneys (sheep's), 1 teaspoon salt, hot water, 1 oz. dripping, 1 oz. flour, ½ small teaspoon pepper, vegetables. Mix flour, salt and pepper. Wash the tail and cut into joints. Skin and halve the kidneys, taking out the centre fat. Dip the joints and kidneys in the flour, etc., and brown them in the dripping. Brown also a large onion. Have a carrot and turnip cut into dice. Pour away the fat from the pot, put back the meat and onion and cover with hot water. Stew gently for about 2 hours until the joints are almost tender. Add the carrot and turnip and stew another hour or so. Take out the joints and kidneys. Strain the gravy and make it thicker with flour and seasoning if necessary. Pour over the meat and serve hot. The kidney may be omitted, and the tail is then dished with the vegetables. Or the carrot and turnip may be omitted when the kidneys are used.

**STEWED OX TAIL**

One ox tail, 1 carrot, 1 turnip, 1 onion, 1 pint stock or water, 1 tablespoon ketchup or tomato sauce, 1 tablespoon flour or cornflour, salt and pepper to taste. Divide the tail into neat joints, soak in warm water, then dry in a cloth, roll in flour and fry in a small quantity of butter or fat a nice brown. Lift out of the pan, fry the vegetables cut into slices, then add stock (warm), seasoning and sauce. Simmer gently about 3 hours, then lift out the pieces of tail. Rub the vegetables through a sieve, return the gravy to the saucepan. Thicken with flour mixed to a paste, add the tail, cook a few minutes, then serve.

**STEWED OX TAIL AND KIDNEY**

One ox tail,  $\frac{1}{2}$  lb. ox kidney, 3 pints water or stock, 6 peppercorns, a pinch of mace, 1 bay leaf, a little thyme, 1 carrot, 1 turnip, about an ounce of dripping, 1 oz. flour, 1 dessertspoonful minced parsley, salt and pepper to taste. Cut tail into joints, remove fat. Peel onion and slice into thin rings. Put fat in saucepan, make hot and fry pieces of tail and kidney cut small; when brown lift out and add onion to fat, brown thoroughly then drain away the fat. Return tail and kidney to saucepan, add water or stock and flavourings. Bring to the boil and simmer gently 2 or 3 hours or till tender. Lift tail and kidney into basin, strain gravy over and when perfectly cold remove fat. Reheat gravy and thicken with moistened flour. Add pieces of tail and kidney and vegetables cut in strips. Simmer gently about half an hour longer. Dish on hot dish and garnish with cooked vegetables and minced parsley.

**STUFFED APPLES**

Six cooking apples,  $\frac{1}{2}$  cup sage and onion stuffing (including breadcrumbs, finely chopped sage and onion, fat, pepper and salt), 2 teaspoons butter. Peel and core apples, which should be of fair size. Have the stuffing ready, and use it to fill each apple. Put butter into rather flat pie dish, or glass cooking dish; add 3 tablespoons water, put it in oven for butter to melt, and the water to get hot for 5 minutes; place stuffed apples in carefully; put a small piece of butter on the top of each, and bake slowly till cooked, about  $\frac{1}{2}$  hour. Nice with pork chops.

## IRISH STEW

Two pounds mutton, 1 pint water, 1½ lbs. potatoes, 2 or 3 onions, 1 teaspoonful pepper, 2 teaspoonfuls salt. Trim fat off meat, and put into a saucepan with water and seasoning. Bring to the boil, and skim well. Then put in the onion sliced thinly, and the potatoes whole or halved if large. Simmer gently about 2 hours. Neck of mutton is good.

## TIPPERARY IRISH STEW PIE

One pound lean shin beef, 3 carrots, 3 turnips, 1 onion, 1 pint water, 6 large potatoes, few pieces celery, seasoning. Cut meat into 1 inch squares, put in casserole, slice in onion, carrots, turnip and celery, add pepper and salt and then water. Simmer 1 hour. Add sliced potatoes, and boil ¼ hour. Make suet crust of ¼ lb. flour, 2 oz. grated suet, pinch salt, ¼ teaspoon baking powder, and water to mix. Fit on top of stew, put lid back, cook another half hour.

## TONGUE CASSEROLE

Boil sheep tongues till they will peel easily. Trim off bases and slit in half lengthwise. Grease a casserole with butter, sprinkle with breadcrumbs, chopped parsley, a little thyme, pepper and salt to taste. Put in a layer of tongue and four slices of lean bacon, then remainder of tongue. Pour 1 cup of milk over, and cover with breadcrumbs and parsley. Cook slowly, moderate oven for 1 hour. Remove lid. Spread good layer of mashed potatoes on top and cook again till nicely browned.

## STEWED TRIPE

One pound tripe, 1 or 2 large onions, 1 pint milk, 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoon flour or cornflour. Cut the tripe into nice sized pieces, place in a saucepan of boiling salted water. Cook till quite tender. Strain off the water, and cover the tripe with the milk, add onion minced and seasoning, simmer half an hour. Mix the flour or cornflour with a little cold milk, pour some of the hot milk on to it, stir all into the tripe. Boil a few minutes, serve, garnish with strips of toast.

## STUFFED TRIPE

Cook 1½ lb. tripe till tender—do not cut it up. Slice 2 or 3 onions and fry light brown. Mix with 1 cup breadcrumbs, season with pepper and salt, powdered or chopped sage, and bind with milk. Spread on to cooked tripe, roll up and tie with thread. Put in casserole, pour over about 1 pint milk, dab of butter on top, put on lid and bake in hot oven ½ to ¾ hour. Remove thread, serve with parsley sauce made with milk in casserole.

## VAGABOND STEW

One cut-up rabbit, 3 tablespoons butter, 1 cup each potatoes and carrots, ½ cup celery, all cut up into match-size strips, 1 sliced onion, 2 cups broth from rabbit, 1 cup tomatoes, sliced or canned, ½ cup chopped parsley, 1 teaspoon salt, ¼ cup flour, ¼ cup cold water. Cover rabbit with salted water and stew until tender. Drain and save broth. When cold, remove meat from bones, and chop coarsely. Melt butter, add potatoes, celery, onions and carrots. Cover and cook slowly for 15 minutes. Add broth and tomatoes, bring to boil and add meat, parsley and salt. Blend flour and water till smooth, add slowly to stew. Stir till thickened and let cook slowly for 15 minutes.

## VENISON (Braized)

Make a pocket and stuff with breadcrumbs, a little onion, thyme, pepper and salt, and moistened with a beaten egg. Then brown thoroughly all over in fat in a saucepan, then add a little water, and cover with a well fitting lid. Leave over low heat for about 3 hours, depending on size. Add carrots when venison is half cooked. Baste venison at intervals. If possible, add a little sherry to the gravy, and serve with red currant jelly or quince jelly.

## VENISON (Canadian Roast)

Wipe venison joint, rub well with dripping or butter, dredge with flour and bake in hot oven. After first twenty minutes reduce heat, pour in a cup of boiling water, and cook slowly. Serve with jelly.

### VEGETABLE OMELETTE

Two eggs, 2 tablespoons water, salt and pepper, a spoonful of cream or white sauce,  $\frac{1}{2}$  to 1 oz. butter and cooked vegetables—as carrots, haricot beans, turnips, etc. Cut vegetables into small squares, mix with cream or sauce. Season, and heat carefully in saucepan. Separate egg whites from yolks, add the water and pepper to yolks. Add salt to whites, whip gently till frothy but not stiff. Add the yolks and water, and beat well. Have butter melted and hot, in omelette pan. Pour in batter, cook fairly quickly, lifting omelette at sides of pan as it cooks. When whole is just set, place vegetable mixture carefully in centre. Fold over sides and serve on hot dish.

### VEAL AND HAM PIE

One pound fillet of veal,  $\frac{1}{2}$  lb. ham or bacon, 2 hard boiled eggs, 1 teacup good stock (boil veal bones to make this), 1 teaspoon chopped parsley, lemon rind, pepper and salt, pinch herbs if liked, pinch nutmeg. Cut veal into pieces, season. Put in dish layer of veal, then bacon, till half full. Put sliced eggs, and pour on stock. Fill up with veal and bacon, sprinkle chopped parsley. Put on crust, make hole for steam, bake hot oven till brown, then reduce heat till meat is cooked, about 2 hours. Quicker to cook the meat first and cool.

### WAFFLE OGILVIE

Make waffles, fry sausages; also fry pineapple slices in butter. On 1 hot waffle, lay a sausage cut in half lengthways, then a slice of fried pineapple, then another waffle. Serve steaming hot.

### WHITE PUDDINGS

One pound fresh beef suet minced finely,  $1\frac{3}{4}$  lbs. oatmeal, 1 dessertspoon salt,  $\frac{1}{2}$  teaspoon white pepper, 1 onion, sausage skins. Wash the sausage skins well and cut in sausage lengths. Mix all the ingredients together, and fill the skins half full with the mixture. Be careful not to overfill or they will burst. Prick with a darning needle, tie the ends securely, plunge into boiling water, and boil for an hour. Should keep for months if kept in bran or oatmeal. To prepare for eating, cook in boiling water for 10 minutes, or toast in front of the fire, or bake in the oven.

## **WELSH RAREBIT (Carnarvon)**

Melt 2 oz. butter in pan; add 4 oz. cheese broken small, and 1 teacup milk. Stir over gentle heat until the cheese is dissolved. Add pinch salt, 1 teaspoon made mustard, 1 beaten egg, and cook 1 minute. Serve on hot toast. Put under griller for few minutes then, if liked.

## POULTRY AND GAME

### CHICKEN A LA KING

One tablespoon butter, 1 tablespoon flour, dash white pepper,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprika, 1 cup milk or diluted evaporated milk,  $\frac{1}{4}$  cup cream, 1 cup cooked chicken, cut into pieces, 2 olives, chopped, 1 pimento chopped. Melt butter in top of double boiler, blend in flour, add pepper, salt and paprika. Add milk and cream gradually, stirring constantly until thickened. Beat well. Add chicken, olives and pimento. Cook for 15 minutes and serve on toast, baking powder biscuits (or scones) or in patty shells. One tablespoon sherry may be added or omit olives and add  $\frac{1}{2}$  cup cooked mushrooms and 1 tablespoon chopped green pepper.

### CHICKEN ASPARAGUS

Two tablespoons fat, 1 tablespoon flour, salt, pepper, paprika, 2 cups cream or evaporated milk, 1 egg beaten, 2 cups diced cooked chicken, 2 cups cooked asparagus tips, cut into 2-inch lengths, 2 tablespoons chopped green peppers. Melt fat, add flour and seasonings. Add cream and cook until slightly thickened, stirring constantly. Pour over egg and blend. Add chicken, asparagus tips and green peppers and heat thoroughly. Serve on hot toast. This may be placed in casserole with  $\frac{1}{2}$  cup buttered breadcrumbs sprinkled over top, brown in the oven. One cup cooked broccoli cut into 2-inch pieces may be used instead of asparagus.

### CURRIED CHICKEN (Malayan)

Put  $\frac{1}{4}$  lb. dessicated coconut to soak in a pint of boiling water for a couple of hours. Sieve and strain. Only the liquid is used. Cut up a chicken. Melt 2 oz. butter or good fat in pan, add finely chopped onions, a tablespoon of curry powder, a pinch of powdered cloves and cinnamon. Fry, stirring constantly, till brown. Add pieces of chicken and fry these till brown. Add 1 teaspoon salt, the warmed coconut liquid. Cover saucepan, and simmer gently till chicken is tender.

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Use HANSELL'S CITRIC ACID in your cooking

### CHICKEN IN ASPIC

One knuckle of veal, 6 lb. chicken, 1 onion, 1 lemon, 3 eggs, salt and pepper, 1 tablespoon gelatine,  $\frac{1}{4}$  cup cold water, 1 cup chopped celery. Cover veal with cold water, bring to the boil, and add the chicken cut in pieces. Boil until tender, and season. Remove the meat. Slice the chicken, and mince veal coarsely. There should be about  $1\frac{1}{2}$  cups chopped veal. Chill 3 cups stock, and remove fat. Boil up, and see if seasoning is correct. Add grated onion, lemon juice, and more salt and pepper if necessary. Soak gelatine in cold water, and add, with the chopped celery and veal. Mix well. When cool, just cover bottom of a mould with this liquid. Let it nearly set, decorate with hard-boiled egg slices, ripe olives, stoned and sliced, and mint leaves. Then put a layer of chicken, and 1 cup of liquid, and chill. Repeat until all is used. Chill.

### CHICKEN DE LUXE (Chef Rangitiki)

Boil chicken for 15 minutes. When cold cut into joints—remove bones or not, as desired. Also skin. Have ready some mashed potato, cooked asparagus, slices of cooked ham, and cooked green peas. Dip chicken pieces first in seasoned flour, then in egg beaten with a little water, and then in breadcrumbs. Fry in hot smoking shallow fat. When done, arrange high mound of mashed potatoes in centre of dish. Almost cover with fried chicken pieces, pressed into potato. Wrap each slice of ham round 3 or 4 stalks of asparagus, and put under griller for a few minutes to heat through. Arrange these on dish—three rolls each end of the dish, and green peas in between on the sides.

### CHICKEN HAWAIIAN (or Rabbit)

A four pound chicken, 1 tin sliced pineapple, 4 tablespoons salad oil or other fat, 3 slices bacon, salt and pepper, flour and rice. Fry the pineapple slices in hot oil until bale brown. Cook some onion in the same fat for 5 minutes. Cut up chicken into joints, roll in seasoned flour, and brown in pan with onions. Lay slices of pineapple on chicken, and add the pineapple juice which has been made up to 2 cups with water. Cover tightly and cook slowly for 1 hour. Serve on plate around a mound of rice, and garnish with parsley.

### FRIED CHICKEN (Maryland)

Cut up 3 lb. chicken. Wipe each piece with a cloth and roll in seasoned flour. Make flour coating thick so that the pieces of chicken will be covered with a crisp brown crust. Heat  $\frac{1}{4}$  cup fat in pan, and fry chicken joints until well browned all over. Remove all to casserole or oven dish, add  $\frac{1}{4}$  cup hot water. Cover tightly, and cook in slow oven about 300° for about 35 minutes or till tender. Remove lid and cook for 10 minutes longer.

*SAUCE TO SERVE WITH FRIED CHICKEN:* One onion (sliced and browned), 1 large green pepper, sliced thin, 1 cup celery chopped fine, 1 tablespoon butter, 1 teaspoon paprika, 1 pinch cayenne, 1 cup sliced tomatoes, 2 cups fowl stock. Cook all for  $\frac{1}{2}$  hour, thicken with flour, and add a few mushrooms, cut up and fried in butter.

### CHICKEN PIE WITH SWEET POTATO TOPPING (American)

A four pound roasting chicken cut up, salt to taste, 2 stalks celery, 1 bay leaf, 14 small white onions, 4 large sweet potatoes (or kumaras), 9 tablespoons butter or shortening, 7 tablespoons flour, 1 cup top milk, 2 cups chicken broth, pepper, dash of mace,  $\frac{1}{2}$  teaspoon Worcester sauce, 2 tablespoons sherry (optional), milk. The day before, simmer the chicken, 1 tablespoon salt, celery, and bay leaf in enough boiling water to half-cover—till tender, about 1 to  $1\frac{1}{2}$  hours. Add more water if necessary, as it boils away. During last half hour add onions. Cool chicken and remove bones. Leave in fairly large pieces, and arrange the chicken and onions in a 2 quart casserole. Store in refrigerator, covered. Chill the broth. Next day, for the dinner, cook the kumaras in their jackets till tender, drain. Meanwhile prepare following sauce. Melt 7 tablespoons butter in double boiler, add flour, stir smooth. Then add top milk and chicken broth while stirring; cook till thickened, stirring constantly. Season with salt to taste, pepper, mace, Worcester sauce and sherry. Pour this over chicken (lifting pieces so sauce reaches bottom of casserole). Mash kumaras (peeled) add 1 tablespoon salt, little pepper, the 2 tablespoons butter and enough milk to make fluffy and creamy. Beat well with fork or masher, then heap on top of pie. Brush with salad oil or dot with butter, bake in moderate oven (350°) for 30 minutes or till golden brown and heated through. Serves 6.

## ITALIAN CHICKEN

Two (2 pound) frying chickens,  $\frac{1}{4}$  cup olive or salad oil, 2 medium onions, chopped, 2 green peppers, chopped, 1 red pepper, minced, 1 clove garlic, minced, 3 tomatoes, peeled and chopped,  $1\frac{1}{2}$  cups tomato puree, 2 tablespoons dry white wine,  $1\frac{1}{2}$  teaspoons salt,  $\frac{1}{8}$  teaspoon pepper,  $\frac{1}{8}$  teaspoon allspice, (if desired). Cut chicken into serving portions and brown in hot olive oil. Add onions, peppers and garlic and brown lightly. Add remaining ingredients and simmer  $\frac{1}{2}$  hour or until chicken is tender. Pour sauce over chicken.

## KENTUCKY FRIED CHICKEN

One young chicken,  $1\frac{1}{2}$  cups sifted flour,  $\frac{1}{2}$  teaspoon salt, dash of pepper,  $1\frac{1}{2}$  teaspoons baking powder, 1 egg,  $\frac{1}{2}$  cup milk. Cut chicken into serving portions, steam or stew until tender. Dry and keep cool until time to fry. This may be done the day before serving if a large quantity is to be cooked. Just before frying mix and sift flour, salt, pepper and baking powder together. Beat egg and add milk. Combine liquid with dry ingredients. Dip each piece of seasoned chicken into this batter and fry in hot deep fat ( $380^{\circ}$ ) until brown. Serve hot. If very young chicken of broiling size ( $1\frac{1}{2}$  to 2 pounds) is used, it may be cut into halves or quarters and fried without pre-cooking.

*FRENCH FRIED CHICKEN*—Instead of using batter dip seasoned cooked chicken into fine crumbs then into egg diluted with 2 tablespoons milk, and roll again in crumbs.

## CHICKEN STUFFED WITH OYSTERS

Prepare chicken as for roasting. Sprinkle inside and outside with salt and pepper. Stuff with raw oysters, fasten securely, and put in steamer with close fitting lid. Steam till bird is tender, then keep in hot oven on dish.

*GRAVY*: Put 1 tablespoon butter in pan, and when hot stir in one tablespoon flour. Stir till it bubbles. Add some minced parsley, and some of the liquor in the pan below the steamer in which the chicken was cooked. Add also a blade of mace and  $\frac{1}{2}$  cup cream or top milk. Stir until boiling, and boil 5 minutes. Add 3 hard-boiled cut up eggs, and pour sauce over chicken.

## CHICKEN MARYLAND

Steam chicken 20 to 30 minutes. Skin, and cut into joints, and slice breast. Dip pieces in beaten egg then breadcrumbs, and fry in butter or good fat. Serve surrounded by small mounds of grilled tomatoes, grilled mushrooms, straw potatoes, and French beans previously boiled and tossed in butter.

## CHICKEN PIE (Bombay)

Prepare fowl, cut into joints, and parboil them in seasoned water. Drain, put in pie dish with alternate layers of sliced tomatoes, sliced hard-boiled egg, and sliced spanish onion. Season with salt, curry powder, a very small bit of garlic, 2 finely chopped green chillies, and 2 cloves. Add  $\frac{1}{2}$  pint stock. Cover with short or puff pastry, make hole in centre, brush over with beaten egg and bake in moderate oven.

## SMOTHERED CHICKEN (Leftover)

Two tablespoons butter or fat, 4 tablespoons flour, 3 cups chicken stock or broth, 1 teaspoon salt, pepper, 3 cups cubed cooked chicken, 2 cups cooked peas, 1 cup mushrooms, 1 cup diced celery. Melt butter, add flour and when smooth add chicken stock. Season. Add chicken and other ingredients. Put into baking dish with good short pastry to cover, and bake hot oven 400° for about  $\frac{1}{2}$  hour. May also be served in small dishes.

## CHINESE PINEAPPLE DUCK

Cut into 4 pieces one 4 lb. duckling. Cook until tender in boiling water, (enough to cover) about 45 minutes. Remove from broth. In a preheated, heavy 10 inch stew-pan place 2 tablespoons oil or fat, 1 teaspoon salt, dash pepper. Place duck in pan. Cook over a moderate flame until brown, turning frequently. Add 1½ cups of the duck broth, 4 slices canned pineapple, (cut in six pieces) 1 green pepper (cut in 8 pieces), and cover pan tightly and cook over a moderate flame for 10 minutes. Blend together 2 tablespoons cornstarch, 2 teaspoons Soy sauce,  $\frac{1}{4}$  cup water and add. Cook for a few minutes, stirring constantly, until the juice thickens and the mixture is very hot. Serve immediately with hot, boiled rice. (Soy sauce at Chinese merchants).

### BRAISED DUCK (French)

Fry duck whole, in butter or good fat, in a saucepan, to a nice golden brown—about 20 minutes. Take out duck. With fat in pan mix 2 tablespoons flour. When smooth and brown stir in gradually  $\frac{1}{2}$  to 1 pint boiling water to make thick sauce. Add pepper, salt, a sprig of parsley, thyme and a bay leaf. Let cook a few minutes, replace duck, cover pan, and finish cooking gently till tender. If liked, add stoned olives to sauce, and cook another 5 minutes. Serve duck on dish surrounded by olives, and sauce poured over.

### CHINESE ROAST DUCK

In a large mixing bowl place 4 teaspoons sugar, 1 teaspoon salt, 4 teaspoons honey, 3 teaspoons Soy sauce, 3 tablespoons chicken broth. Mix well together. Into this put one 4 lb. duckling. Soak duck for 40 minutes, turning occasionally. Remove from bowl and place on rack in a roasting pan, adding a few tablespoons of water to prevent smoking. Roast in a moderate oven  $350^{\circ}$  for  $1\frac{3}{4}$  hours, turning occasionally. Serve immediately.

### ROAST DUCKLING (Good)

Stuff bird with whole soaked prunes, cored and quartered apples, and a walnut of butter. Place in roasting pan, put 2 or 3 rashers of bacon on breast. Allow to brown for 20 minutes in hot oven. Remove fat from pan, add about  $\frac{1}{2}$  pint or more of boiling water. Cook in moderate oven another 30 to 40 minutes, basting every 10 minutes. Remove bacon from breast for last few minutes to brown breast. Make good gravy, and add a little cream to this.

### WILD DUCK (American)

One duck, 1 carrot, 1 orange, 1 cup water, 2 slices fat pork, flour, cranberry jelly, 2 tablespoons fat, and salt and pepper. Prepare and truss duck, tucking back the wings. Scrape carrot and put inside the bird. Put bird into pot of boiling water, and let it simmer 10 minutes. Remove, and dust with pepper and salt and flour. Put in baking tin, cover breast with slices of fat salt pork (or bacon would do). Add fat and water, and bake hot oven 15 minutes, then reduce heat. Do not overcook wild duck. Make brown gravy in tin with cranberry jelly, and serve with slices of orange.

## ROAST DUCK AND ORANGE SAUCE (Hotel St. George)

Put the cleaned duck in a pan over a hot fire, watching to see that it does not burn, until most of the fat has been extracted. Throw fat away and repeat. Then put 3 tablespoons of butter in the pan and place in very hot oven. Baste constantly and turn frequently for an hour. Remove duck from pan and add to the butter and juice remaining, a glass of wine, very thin slices of an orange cut in fine strips. Reduce this mixture over hot fire to consistency of marmalade. Place duck on large platter and surround it with long spirals of orange peel. Down the centre of the breast, place round pieces of orange, like buttons, and a maraschino cherry on top of each of these. Arrange half slices of orange with the peel in scallops around the edge of the platter, then varnish the duck with the sauce.

## FRICASSEED FOWL

Cut fowl up. Put one small onion, parsley and a small piece thyme in muslin bag. Place all together in cooking basin, add pepper, salt, and water and steam 2 to 3 hours. Depends on state of fowl. When tender lift out pieces of fowl and place in oven on dish. Take out herb bag. Thicken liquid in basin with 1 table spoon each of butter and flour mixed together. Allow to boil, add  $\frac{1}{2}$  cup cream and 1 egg yolk. When gravy is ready, replace pieces of fowl. Heat through. Serve with a squeeze of lemon juice. Double saucepan is more convenient.

## GOOSE (Roast)

Threequarters of a pound finely chopped onions, 1 lb. bread-crumbs, 1 teaspoon thyme, 1 dessertspoon finely chopped sage. Soak breadcrumbs a few minutes in a little warm water, then squeeze dry. Mix with onions, sage, thyme and seasoning. Add 1 beaten egg and 1 oz. melted butter. Wipe goose inside and out with a damp cloth, stuff, then dredge with flour. Put into a baking dish (previously lightly floured). Cover with plenty of dripping and bake 2 or 3 hours, according to size. Turn bird over after first hour. If it cooks too quickly, cover with greased-paper. Duck is cooked in same way, allowing  $1\frac{1}{2}$  to 2 hours.

### GUINEA FOWL (West African)

Bird must be young. Melt piece of butter in casserole and cook guinea fowl in quick oven, turning from time to time, till light brown all over. Add a carrot, onion, and 2 or 3 pieces of celery cut in pieces, and about  $\frac{1}{4}$  pint stock or tomato juice. Cover, and cook very slowly till tender. After 1 hour add a little salt. Should take about  $1\frac{1}{4}$  hours. Strain gravy and serve separately.

### GUINEA FOWL (American)

One guinea fowl, 2 tablespoons flour,  $\frac{1}{4}$  teaspoon pepper, 2 cups stock or water, 5 slices fat bacon, 1 teaspoon salt, 1 dessert-spoon red currant jelly. Prepare fowl, and cut into joints. Fry bacon in pan until most of fat is extracted. Brown joints of fowl in the bacon fat. Take out fowl, add flour to saucepan, and brown it. Add stock, bring to the boil, and stir all the time. Put back joints of guinea fowl, season with salt and pepper, and stir in the jelly. Put lid on tightly and simmer till bird is tender.

### JUGGED HARE, OR PIGEONS OR BLACK SWAN

Cut hare into joints, roll them in flour. Dice  $\frac{1}{4}$  lb. bacon, fry it, and then remove the bacon. Fry the hare joints in the bacon fat till brown. Put in casserole with the bacon, an onion stuck with a few cloves, a slice of lemon, a bunch of herbs—thyme, parsley, and a bay leaf, a tablespoon tomato sauce, pepper and salt. Cover with stock made from gravy beef. Put lid on and cook in oven till meat is tender. Remove hare and vegetables, and thicken gravy with flour and a little butter. Boil a few minutes. Add 1 tablespoon red currant jelly, and a wineglass of port wine if liked. Serve with forcemeat balls.

### ROAST PHEASANT

Stuff bird with ordinary fowl stuffing, adding the liver and a little chopped bacon. Place in oven-pan, breast downwards. Add some fat bacon and roast in moderately slow oven for about 45 minutes. Ten minutes before bird is cooked, turn it on its back, sprinkle a little flour and baste to brown the breast. Serve with breadsauce and fried breadcrumbs. Make gravy by adding a little clear stock to roasting pan, mix well with fat and serve gravy in sauce boat. Garnish with watercress. Guinea fowl is cooked in same way.

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Use HANSELL'S JELLY CRYSTALS for best results

### STEWED PUKAKI

Cut in pieces. Put thin slices of bacon in casserole. Then the pukaki, a little chopped onion, thyme, pepper and salt, and 1 pint water. Cook slowly several hours. Take out the bird, thicken the gravy a little, add grated rind and juice of half a lemon. Serve with mashed potatoes.

### ROAST QUAIL

Brush birds over with oil or warm butter. Tie a slice of fat bacon over each. Bake in hot oven for 20 to 30 minutes, basting frequently with bacon fat. A few minutes before dishing up, put pieces of toast in the baking dish, to absorb the gravy, and serve each bird on a piece of this.

### QUAIL ON TOAST

Skin, clean and wash quail—1 for each person. Roll each bird in seasoned flour, rubbing flour well in, and place small onion inside each. Have saucepan ready with hot fat, and place quail in it. Keep frying and moving them about until they are nicely browned on both sides, then add enough water to keep them from burning, and braise gently at side of stove until cooked (about 2 hours). Have ready some hot buttered toast, place a quail on each piece. When quail are lifted, add water to saucepan, thicken, and make plenty good thick gravy—must be thick. Cover quail and toast with gravy, and serve piping hot.

### RABBIT (California style)

Wash joints of rabbits in salted water containing a little vinegar. Dry, coat each with seasoned flour. Melt a little bacon fat or dripping in deep pan, and brown joints well all over. Pan may be first rubbed with a clove of garlic. Place browned joints in casserole, cover with milk, put lid on, and bake in hot oven 375° till rabbit is tender—about an hour. Serve with red currant jelly or quince honey.

### RABBIT SUPREME

Soak jointed rabbit in salted water. Dry and place joints round a casserole. Fill centre with nice stuffing, and lay over it slices of 2 tart apples, and about  $\frac{1}{4}$  lb. fatty bacon slices. Prepare a packet of Kidney soup powder, and pour into casserole. Cover tightly with lid and cook in medium heat about 1½ hours.

## ROAST RABBIT—SPECIAL STUFFING

Make stuffing with 1 cup each of soft breadcrumbs, chopped apples and chopped raisins (or sultanas), a tablespoon of finely chopped onion, 2 slices minced bacon, pepper and salt to taste, 1 beaten egg to bind (milk if no egg). Fill rabbit, sew it up, smear well with dripping, and bake in steady oven. Put a slice or two of bacon over rabbit last half-hour. Takes 1 to 2 hours. Bake whole onions round rabbit, and baste occasionally.

## BULGARIAN RABBIT

Soak rabbit in salted water 1 hour. Joint, wipe dry, roll each piece in flour. Place in casserole and cover with plenty of stuffing. Lay strips of bacon on this, and pour over  $\frac{1}{2}$  cup milk. Sprinkle with chopped onion, finely chopped parsley, 1 diced lemon, pepper and salt, a pinch of grated nutmeg, a little spice and a few cloves. Finally add 1 cup water, cover with lid, bake moderate oven about  $2\frac{1}{2}$  hours. Serve with creamed potatoes and green peas.

**STUFFING:** One tablespoon chopped onion, 2 tablespoons chopped parsley,  $\frac{1}{2}$  lb. breadcrumbs, 1 tablespoon mixed herbs, 1 dessertspoon chopped candied peel, salt and pepper to taste. Bind with 1 beaten egg.

## RABBIT WITH MUSHROOMS

Wash 2 young rabbits well, dry them and joint them. Peel  $\frac{1}{2}$  lb. mushrooms, skin an onion, and chop finely, and add a little chopped parsley. Put a little butter or good fat in a stewpan and fry in it 2 oz. fat bacon cut in dice. Add chopped mushrooms, onion, and parsley, season with salt, pepper, and a pinch of allspice, and cook gently for about 20 minutes. Add rabbit joints and simmer gently with lid on, till tender. Take out rabbit, keep hot, and make sauce—skim liquor in stewpan, stir in a teaspoon of flour and a little gravy salt, thicken with 2 egg yolks, and add a little lemon juice. Pour over rabbit.

## TURKEY PORK (Traditional)

Take off skin, and bone the joint of pork. Stuff with turkey stuffing. Wrap around with 2 layers of greaseproof paper as with baked ham. Bake, allowing 25 minutes to each pound.

## RABBIT AND MUSHROOM PUDDING

Line pudding basin with good suet pastry. Soak jointed rabbit in weak vinegar and water. Put into lined basin a good layer of rabbit, a tablespoon or two of chopped onion and sage leaves, a good sprinkle of flour with pepper and salt to taste. Cover with a layer of peeled mushrooms, and some strips of fat bacon, then repeat layers. Half fill basin with warm water, cover with suet pastry, put butter paper on top and steam about 3 hours.

## ROAST TURKEY

Stuff with veal stuffing. Put breast-side down in baking tin with plenty of fat (some bacon fat may be smeared over the bird). Hot oven ( $400^{\circ}$  or Reg. 6) for first 15 minutes, then reduce to  $300^{\circ}$  or Reg. 2 and cook slowly nearer bottom of oven for about 3 hours for bird weighing 8 to 10 lbs. Turn over on to its back when half done. Baste several times. Cover with greased paper if getting too brown. Slow cooking is best. Serve with bread sauce and brown gravy.

## TURKEY SOUFFLE

Two cups leftover turkey cut fine, 1 cup medium white sauce, 2 tablespoons parsley, 3 egg-whites and yolks separate, 1 tablespoon minced onion,  $\frac{1}{2}$  teaspoon salt, paprika and pepper. Add chopped turkey to the white sauce, add seasoning and egg yolks. Beat the whites, fold into the mixture. Turn into buttered casserole, sprinkle with buttered crumbs, and bake. Serve with mushroom gravy and cranberry sauce. Any left-over poultry may be used. Bake about 25 to 35 minutes, oven  $375^{\circ}$ .

## VENISON STEAK (American)

Leave venison soaking for 2 hours in marinade of salad oil, and lemon juice. Drain, and grill over a good fire turning often to avoid scorching. Serve on hot dish, spreading both sides with a mixture of butter and cranberry jelly—half as much jelly as butter. If fried—take from marinade and cover both sides with cracker crumbs rolled to a powder, and fry each side rich brown in fat. Make gravy with a little fat left in the pan, 1 tablespoon flour, 1 tablespoon of cranberry jelly, and a cup of boiling water.

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### VENISON (Canadian)

Wipe and trim a joint of venison. Dredge with flour and put on rack of baking dish with pieces of fat, or plenty of dripping in pan. Put in hot oven for 15 minutes, reduce temperature, and pour 1 cup boiling water into pan. Cook until tender, allowing 15 minutes to every pound and basting every 15 minutes. Add salt and pepper when half cooked. Serve with red currant jelly.

### VENISON (Flemish)

Mix well, but do not cook—2 tumblers white wine, 1 tumbler of vinegar, 3 tablespoons oil, some thinly sliced onions, a chopped shallot, a little parsley, thyme, a bay leaf, salt and pepper. Put venison in earthenware dish, cover with the mixture, stand in a cool place, and leave for 24 hours. Baste 2 or 3 times. Wipe with a cloth before cooking. For meat from a very young animal steep for 12 hours only. Put venison in casserole with a little butter, 2 tablespoons white wine, 2 tablespoons stock, and cook with lid on in moderate oven. Serve in slices on long dish with Duchess Potatoes, cooked brussels sprouts, tossed in butter, and white cabbage (parboiled, and cooked in butter with a few slices of apple and a little sugar). Pour over meat some of the gravy in which it was cooked.

### SWAN

First immerse swan in dish of scalding water (not quite boiling) for about 5 minutes. Pluck feathers off and cut wings off at first joint. Stuff with ordinary sage and onion stuffing. Put in large pot,  $\frac{1}{4}$  full boiling water, and steam for 2 hours. Take it out of pot and flour well and put into oven with dripping in baking dish. Bake for 1 hour and brown nicely. If you do not possess a pot large enough, put at once into baking dish filled with boiling water and some dripping, and put into oven. Cover bird with greased paper, and baste well. Cook 3 hours approximately.

## STUFFINGS

### INTRODUCTION

Stuffing does not necessarily need to be baked in the fowl or meat. If the bird is small or if there is some stuffing left over it may be baked or steamed in a greased ring mould, loaf pan, or individual moulds. Fill centre of ring with vegetables. Croquettes of stuffing may be served around bird.

### APPLE AND RAISIN STUFFING (For duck)

Half a minced onion,  $1\frac{1}{2}$  cups diced, peeled, cored apples, 3 cups lightly packed day-old breadcrumbs,  $\frac{1}{2}$  cup seeded raisins,  $\frac{3}{4}$  teaspoon salt, dash of pepper, 1 tablespoon sugar, just over  $\frac{1}{4}$  cup melted butter or good margarine or fat. Mix all well, and stuff duck, not too tightly.

### BREAD STUFFING

One and a half pounds of breadcrumbs,  $\frac{1}{2}$  to 1 cup fat, melted, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon white pepper,  $\frac{1}{4}$  cup minced onion, 2 tablespoons poultry seasoning. Remove crusts.

### CHESTNUT STUFFING (For turkey or fowl)

One and a half pounds chestnuts, 1 oz. butter, 2 tablespoons water, 2 slices soft bread,  $\frac{1}{2}$  small onion, 2 oz. lean raw ham, some milk, an egg, and a little lemon rind. Boil chestnuts about 30 minutes, drain them. Remove both outer and inner skins, and mash with a fine fork. Pour a little hot milk over the bread, and when well soaked, press out the milk. Mix the bread with the chestnuts. Chop onion and ham finely and fry for a few minutes in butter. Add to chestnut mixture. Season with pepper and salt, a little grated lemon rind, and mix with a beaten egg.

### POTATO STUFFING (For duck or pork)

Two cups mashed potatoes, 1 cup stale breadcrumbs, 1 egg, 1 finely minced onion,  $\frac{1}{4}$  cup melted fat, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon sage. Mix all well together.

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Use HANSELL'S TARTARIC ACID in your cooking

## POTATO AND CELERY STUFFING (For duck or chicken)

About 8 medium-sized potatoes, boiled and mashed with 1 cup of hot milk, salt and pepper to taste, add 2 beaten eggs and beat all until very light and creamy. In a saucepan melt 4 tablespoons of butter or substitute, add a large onion, minced, and cook until tender. Then add 2 cups fine breadcrumbs, 2 cups of minced celery, and 4 tablespoons of chopped parsley. Blend this all well, and finally mix it thoroughly with the mashed potatoes. A very substantial stuffing.

## SAGE AND APPLE STUFFING (For pork)

Combine 2 cups soft breadcrumbs, 2 tablespoons melted fat, 1 small teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 cup finely chopped tart apple,  $1\frac{1}{2}$  tablespoons minced onion, 1 teaspoon powdered sage (chopped sage-leaves if no powdered sage). Moisten all to a rather dry paste with boiling water, or a beaten egg.

## SAGE AND ONION STUFFING (For duck, pork or goose)

One pound of onions,  $1\frac{1}{2}$  teaspoons crushed sage,  $\frac{1}{2}$  lb. breadcrumbs, salt and pepper. Cut the onions into quarters, drop into boiling water containing a little salt, parboil 15 minutes; drain, chop, add sage, salt, pepper and breadcrumbs. Use for stuffing pork, ducks, geese, etc.

## SAGE AND ONION STUFFING (For pork or duck)

Three or 4 onions, about 9 sage leaves, 1 teaspoon salt,  $1\frac{1}{2}$  large breakfastcups of breadcrumbs,  $1\frac{1}{2}$  oz. butter or dripping, 1 teaspoon pepper, and 1 egg. Boil the onion for about 5 minutes, strain and chop finely. Scald the sage leaves and chop them. Mix everything, using the beaten egg to bind.

## SAUSAGE STUFFING (For turkey, veal or pork)

Fry together, for about 10 minutes, over medium heat, 1 lb. sausage meat, 1 cup diced celery, and 1 cup minced onion. Mix this thoroughly with 7 or 8 cups of fine breadcrumbs, adding plenty of chopped parsley.

## STUFFING FOR TURKEY

About 10 breakfastcups of lightly packed day-old breadcrumbs, 1½ teaspoons salt, 1 tablespoon powdered sage, 2 tablespoons diced celery, 2 tablespoons minced parsley, ¼ teaspoon pepper, ¾ cup butter or shredded suet, ½ cup minced onion. Combine breadcrumbs, salt, sage, celery, parsley and pepper. Melt butter in pan, add onion, simmer till tender. Add seasoned breadcrumbs and heat well, stirring. Should stuff bird of about 8 lb.

## VEAL FORCEMEAT

Eight ounces breadcrumbs, 2 oz. chopped suet or butter, 1 tablespoon parsley, 1 teaspoon dried herbs, little grated lemon rind, egg or milk for mixing, salt and pepper. Make a mixture of all the dry ingredients, using sufficient beaten egg or milk to moisten it. Use for stuffing veal, fowl etc. The forcemeat may also be formed into small balls, rolled in flour and fried, and used as a garnish for stews.

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## VEGETABLES

### ARTICHOKEs

Scrub and boil like potatoes. If you peel them, throw them into cold water to prevent discolouring. Serve with white sauce with a little parsley in, for colour. Or mash with butter, pepper and salt. Or fry in deep smoking hot fat, cut in large pieces.

### ASPARAGUS

Wash, scrape and tie sufficient asparagus in bundles of the same length; place in boiling salted water. Boil till tender, about 20 minutes. Drain, untie bundles. Serve on dry toast in a hot dish, with plain butter melted. If the asparagus is young, stand the bundles upright as the tender tips will cook in the steam.

### BEANS (Broad)

Shell and cook in boiling salted water. If getting old, slip the skins off and reheat in white sauce flavoured with bacon-rind. When young serve plain or with a thin parsley sauce.

### BEANS (French or scarlet runners or butter)

String and cut downwards into strips. May also be sliced cross-wise in diamond shapes. Place in boiling salted water, add a spoonful of sugar. Time, about 15 minutes, or according to age and thickness. Strain and mix with a little butter and pepper.

### BEETROOT WITH ONION AND CELERY

Cook small-sized beets, rub off the skins under cold water, and chop them coarsely. Boil some celery in very little salted water, strain, and chop it finely, having about half as much celery as beet. Fry some finely-chopped onion in a little butter (or clean fat) until tender but not brown, add the chopped beetroot and celery, season to taste with salt and pepper, and add about 2 tablespoons of vinegar. Make very hot quickly and serve.

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Use HANSELL'S MERINGUE WHIP in your cooking

### **BEETROOT HOT (American)**

Choose small beetroots, scrub and place in boiling water, either salted or not, and boil till tender. Test by lifting one out with a perforated spoon, and trying if the skin will slip off—you can hold it under the cold tap for a minute. When cooked, strain them, slip off the skins, and slice thinly, put them back into the saucepan with a tablespoon of butter, the juice of half a lemon and half an orange and a shake of pepper, and reheat for only 2 minutes—any longer will lessen the vitamin-value. Alternatively, serve the slices with a good white sauce poured over them.

### **HARICOT BEANS**

Soak all night, covering with warm water, with just a pinch of baking soda. Next day, strain, cover with fresh cold water, bring to the boil and strain again. Cover now with fresh boiling water, and boil slowly until beans are soft—about 1½ to 2 hours. Add salt the last ½ hour. Serve with white or parsley sauce. Bacon rind may be boiled with the beans, for flavour.

### **BRUSSELS SPROUTS**

Trim carefully. Wash well. Put in boiling salted water and cook till tender. Strain but do not press. They should be as separate and whole as possible. Serve with a little butter.

### **CABBAGE**

Separate the leaves and wash. Cook in only a little boiling salted water, and only till just tender. There should not be much liquid to strain away. Chop finely and add a little butter and pepper.

### **CARROTS**

Scrape and cook in boiling salted water. Time about 20 to 30 minutes or according to age. If very large cut down longwise; or cut into rings, when they will be done in about 15 minutes. Nice served with white sauce. Or can be parboiled and baked with roast meat like potatoes. Very good also boiled with parsnips and mashed together with butter and pepper.

### **CAULIFLOWER OR BROCCOLI**

Wash carefully. Cut the thick part of the stalk crosswise. Stand head upwards in boiling salted water. The head cooks in the steam and stays whole. Keep lid on. Serve with white sauce, with chopped parsley if liked or grated cheese.

### **SWEET CORN (Boiled)**

Remove husk from corn and boil in boiling water until corn is soft. Add seasoning of salt. Strain. Serve corn on the cob with butter.

### **SWEET CORN (In milk)**

Remove the husk from corn and cut the corn from the cob. Melt a little butter in pan, add corn and just enough milk to half cover the corn. Put lid on and cook slowly until corn is soft. Depends on age. Add seasoning of pepper and salt. Thicken the milk with a little moistened cornflour. Boil a few minutes longer. Serve with or without toast. Do not over-cook.

### **EGGPLANT**

Do not pare ahead of time as it will discolour. May be cut crosswise in thick slices, dipped in seasoned flour or in egg and breadcrumbs and FRIED in hot bacon fat or salad oil till brown and tender, about 6 to 8 minutes. Or STUFF and BAKE, much like green peppers, by boiling first, unpeeled, till tender, then halve crosswise. Scoop out pulp leaving a thick shell. Mash the pulp, mix with an equal quantity of breadcrumbs, grated onion to taste, chopped tomato, melted butter or cream, some minced ham or liver or liver sausage, or as desired. Fill the shells, already dusted with salt; cover with a sprinkling of breadcrumbs, dot with butter, and bake till brown and cooked, about 30 minutes, moderate oven, with enough water to keep from sticking.

### **GREEN PEPPERS**

Rich in Vitamin A and C. Often called sweet peppers. Cut off tops and scoop out seeds and cores. Blanch by covering with boiling water and boiling for 5 minutes. Dust with salt and stuff with ordinary stuffing, adding grated cheese or minced cooked

meat or ham or fried mushrooms; or any desired stuffing, including fried rice made thus:

**FRIED RICE:** Boil sufficient rice till cooked. It may be steamed to finish off so that the grains are dry and separate, or washed through with cold or hot water to remove stickiness, and then heated in oven, or over steam stirring, but the grains must be separate. Now fry chopped onion, in butter preferably, otherwise in bacon fat or any good cooking oil. Fry also some chopped bacon and a little almost anything else you like that is flavoursome, (a clove of garlic, or some shrimps,) and then put in the dried rice and fry all together, just faintly brown,—with a dash of pepper, or cayenne, and curry.

When stuffed, place peppers in baking pan with a little water or stock to keep them from sticking and bake till tender in moderate oven—45 to 60 minutes. A strip of bacon may be laid over the top of each pepper for the last 15 minutes. Serve with any desired sauce.

### VEGETABLE MARROW

Peel, and cut into thick slices or pieces. Remove seeds. Cook in boiling salted water for 10 to 15 minutes, according to size of pieces. Very nice steamed. Serve with white sauce. May also be parboiled, then dipped in egg and breadcrumbs and fried.

### ONION CHEESIES (American)

Boil sufficient large, peeled, whole onions until just tender. Strain carefully (not to break them) and place in a shallow baking dish. Cut a wide cross in the top of each, and sprinkle a few drops of thick plum or tomato sauce in each cross. Then press 2 tablespoons of grated (processed) cheese into each cross. Bake in moderate oven (about 375°) for about 40 minutes or until the cheese is melted and golden brown.

### PARSNIPS

Buy medium-sized parsnips, smooth and firm. Avoid soft, flabby shrivelled ones—they are apt to be pithy and fibrous. They may be boiled and mashed with butter and milk (they are especially nice with a fish dinner); or baked with a roast joint like potatoes; or boiled and left whole, sprinkled with parsley and a little butter.

### KUMARAS

Peel and boil like potatoes. Or boil in their skins, and rub off when done. May be mashed with butter, or left whole.

### PARSNIP CAKES

Peel about 6 or 7 parsnips (medium size) and slice them crosswise thinly. Cook them, covered, with 1 smallish onion, also sliced, in about an inch of boiling water until tender, about 20 minutes. Drain and mash well. Then add 1 beaten egg, a shake of pepper, and  $\frac{1}{2}$  cup soft breadcrumbs. Mix well together and when cool, form into little cakes, roll in dried breadcrumbs (very fine) and fry golden brown both sides in a little fat or oil.

### PARSNIPS (In tomato sauce)

Slice 2 lb. of pared parsnips crosswise and cook in a small quantity of salted water till tender. In the meantime put into saucepan a medium onion (sliced) and  $\frac{1}{2}$  cup diced celery,  $3\frac{1}{2}$  cups canned (or home-preserved) tomato pulp, 1 teaspoon salt, a bay leaf,  $\frac{1}{8}$  teaspoon pepper, 1 dessertspoon sugar, and 3 or 4 cloves. Simmer all this, with lid on, for about  $\frac{1}{2}$  hour. Then add the strained, cooked parsnips and simmer together for a few minutes. This is a very tasty vegetable dish served with either hot or cold meat, sausages or liver, or bacon, or with fried fish.

### GREEN PEAS

Shell and cook in boiling salted water with sugar to taste and a few sprigs of mint tied together for easy removal. Time, from 15 to 20 minutes according to age. Strain and serve with a little butter and pepper.

### TO CRISP AND BROWN CHIP POTATOES

Cut the potatoes in strips, dry any moisture off with a clean cloth. Have the chips really dry and the fat absolutely boiling. Do not put the chips in until the fat has a blue smoke rising from it. When the fat is smoking put in a little (say  $\frac{1}{4}$  teaspoon) Edmonds Sure to Rise Baking Powder. Then drop in the chips dried in a cloth. Do not put too many chips in the chip basket at once, otherwise the fat will go off the boil and make the chips soggy.

### BAKED POTATOES AND KUMARAS

Peel and parboil for a few minutes with a little salt. Strain and place round meat in baking tin when fat is hot. Or in separate tin with hot fat. If wanted very crisp, do not boil first and allow longer time, about an hour according to size. Turn the potatoes to brown evenly. Young kumaras do not need boiling first.

### JACKET POTATOES AND KUMARAS

Wash potatoes of equal size. Place in cold water, bring to boil and boil 10 minutes. Then drain and bake in fairly hot oven, about 45 minutes or till soft. Take out and roll in a cloth for a few minutes to make floury. Need not boil first but the skins are not so soft.

### POTATOES (New)

Scrape and put into boiling salted water, adding sprigs of mint tied together for easy removal. Time 15 to 20 minutes. Drain and serve with a little butter.

### POTATOES (Old)

May be boiled in skins; or peeled thinly; if cut, leave the pieces as nearly as possible the same size, or some will be cooked before others. If the very squashy kind, it is better to steam them, or strain when half-cooked and leave to finish in steam. Cook in boiling salted water. Some people prefer to put them in cold water and bring to the boil. Never boil them too fast. When cooked, let stand in hot place on stove with lid off, to steam dry. When mashing, add hot milk, butter and pepper. The more you beat the whiter they come up.

### ORLEANS POTATOES SCALLOPED

Mash say, 2 lb. potatoes with  $\frac{1}{2}$  pint milk and 3 oz. butter. Add 2 oz. grated cheese and pepper and salt to taste. Put the mixture into patty-tins and brown in oven. While hot glaze with a little melted butter and cheese and a dash of nutmeg.

### PUMPKIN

Cut in suitable sizes and leave in the thick skin. Bake or steam till tender. Scrape out of shell and mash with butter, pepper, and salt.

## TURNIPS AND SWEDES

Peel and cook in slightly salted boiling water; time about  $\frac{1}{2}$  hour, or according to age. May be served whole with boiled mutton; or return to saucepan and mash with butter, pepper and salt, and a little cornflour moistened with milk stirred in and boiled up for 5 minutes. Extra good if a little cream added when serving.

## OKRA AND BOTTLED GREENS

Boil until soft enough to mash easily. If the okra is very large, it may be necessary to cut it in half lengthwise before cooking. It is better to boil them in water than in stock, as the stock will dilute the gravy. Cook the greens separately, as they are easier to digest when so done. If the okra is very small, it may be necessary to add a few drops of oil to the water while it is boiling to prevent the okra from becoming too soft.

## BOILED CLOVES (ONION)

Cook until soft enough to mash. This is a good dish for children. It is also good for adults who have difficulty in digesting onions. It is also good for adults who have difficulty in digesting onions.

## BOILED CLOVES (CARROT)

Cook until soft enough to mash. This is a good dish for children. It is also good for adults who have difficulty in digesting carrots. It is also good for adults who have difficulty in digesting carrots.

## BOILED BORRAS AND KALE

Cook until soft enough to mash. This is a good dish for children. It is also good for adults who have difficulty in digesting borras and kale. It is also good for adults who have difficulty in digesting borras and kale.

Use HANSELL'S CREAM OF TARTAR in your cooking

## SALADS

### APPLE AND TOMATO SALAD

Arrange tastefully thick slices of skinned tomatoes, thin slices of cucumber, thin slices of apple. Cover with following dressing:— $\frac{1}{2}$  cup cream (condensed cream is nice), 1 tablespoon sugar, 1 saltspoon each mustard, salt and pepper,  $\frac{1}{2}$  cup vinegar. Cheese and lettuce may be added. Use dressing at once.

### BANANA SALAD

Slice bananas lengthwise, using 1 for each salad, dip in lemon juice to prevent turning dark. Place banana halves on lettuce leaf with curved sides out. This leaves space in centre—fill with any fruit mixture, plain or mixed with mayonnaise or boiled dressing. Pipe a bit of cream cheese, plain or mixed with mayonnaise, on top. Sprinkle with a few chopped walnuts. If liked put cherry at each end where banana halves join.

### BEAN SALAD

Place a lettuce leaf on each plate. Put in a spoonful of cooked haricot beans. Then add chopped apple, beetroot and anything else liked. Put a dab of thick mayonnaise on top, and lastly a little shredded beetroot.

### BEET AND APPLE SALAD

Boil little round beetroots. Rub off skins, and scoop out some of the middle. Chop this up, with an equal amount of eating apple. Celery may also be added. Moisten with mayonnaise, put back into the beets, piling mixture on top. Put a dab of mayonnaise on top; serve nestled in lettuce leaves.

### BEETROOT SALAD

Scoop out middle of young cooked beetroot. Fill cavity with chopped apple, celery and walnuts. Add 1 or 2 caraway seeds, or a drop or two of caraway essence. Cover with thick mayonnaise which has a drop of ginger essence, or a little ground ginger. (Peas and mint make nice filling).

### CANDLE SALAD (South African)

Put a slice of cored pineapple on a lettuce leaf. Fill centre with mayonnaise. Peel a banana, dip in lemon juice, and stand upright in centre of pineapple. Put cherry on top of banana. Serve with mayonnaise.

### CARROT CHEESE BALLS

One cup cottage or cream cheese, 1 tablespoon chopped parsley, 1 cup coarsely grated carrots, lettuce and mayonnaise or French Dressing. Mix cottage cheese and parsley. Dip cottage cheese by spoonfuls and roll in grated carrot. Serve as a salad on greens with dressing.

### CHEESE AND VEGETABLE SALAD

Crisp lettuce leaves, 2 tomatoes, 1½ cups cottage cheese, 1 teaspoon grated onion, ¼ teaspoon salt, dash paprika. Line salad bowl with lettuce hearts. Peel tomatoes, cut in wedges, and place around edge of bowl. Mix cheese with onion, salt and paprika. Pile in centre of bowl. May add 1 teaspoon chopped parsley or omit onion and add 2 teaspoons minced chives.

### CHICKEN AND HAM SALAD WITH MUSTARD DRESSING

One and a half cups diced cooked chicken, 1½ cups diced cooked ham, ½ teaspoon minced ham, ½ teaspoon minced onion, ¼ cup French Dressing, 6 tomatoes of uniform size, salt, 1 cup mayonnaise or salad dressing, 2 tablespoons prepared mustard, lettuce. Combine chicken, ham and onion and marinate for 1 hour in French Dressing. Drain. Peel tomatoes; salt, invert and chill. Combine mayonnaise with mustard, add to chicken mixture and toss together lightly until thoroughly mixed. Cut each tomato into sixths, cutting within ½ inch from bottom forming petals. Place on lettuce, fill centre with chicken salad, garnish with sprig of parsley and dash of paprika; or instead of cutting tomatoes into petals, leave them whole and scoop out centres; or serve the salad on thin slices of tomato arranged in a circle with slices overlapping; or use slices of egg and slices of tomato for the circle.

### COLE SLAW

Three cups finely shredded white young cabbage; some grated onion, and minced parsley. Combine and put in a cool place. Put in red cabbage leaf for colour when serving. Serve with French Dressing as follows:—3 tablespoons salad oil,  $1/3$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika, few grains ordinary pepper, 1 tablespoon vinegar. Combine oil and seasonings; gradually add and beat in the vinegar.

### CRAB LOUIS (Or crayfish)

One head lettuce shredded, 2 cups flaked crab meat or crayfish, 2 hard-cooked eggs, sliced, 2 small tomatoes, sliced, 1 small cucumber sliced, watercress. Arrange lettuce on 4 salad plates, with mound of crab or crayfish in centre of each. Arrange overlapping slices of eggs, tomatoes and cucumber to form a border and garnish with watercress. Serve with mayonnaise.

### CRAYFISH AND LETTUCE SALAD

One large white, crisp lettuce, shred finely, and chop two or three spring onions and add to lettuce. Cut crayfish up finely, and mix gently through the lettuce and onion. Have ready 1 hard boiled egg. Cut the white into rings and lay on top of the lettuce. Dressing: Put the hard boiled yolk into dish, add  $\frac{1}{2}$  teaspoon mustard and 1 level teaspoon sugar, a pinch of salt. Blend well with fork. Pour a little vinegar on this and mix until smooth. Add a little more vinegar (say 3 tablespoons in all). Mix gradually or it may curdle. Lastly add  $\frac{1}{2}$  cup of cream or good rich milk. Pour over salad and let stand a few minutes. A little finely sliced cucumber, or tomato may be added if liked.

### CUCUMBER NESTS

Use young apple cucumbers. Peel, cut in halves, and scoop out centre. Fill centre with salmon mayonnaise or chopped hard-boiled eggs, or cold cooked fish and chopped parsley. Lay on green salad, on individual plates; put a ring of grated carrot round, and decorate with slices of beetroot and tomato. Serve with good dressing. Cooked peas and mayonnaise sprinkled with finely chopped mint is a good filling. Small ordinary cucumbers may be used cut lengthwise.

### CUCUMBER SALAD

Cut medium sized cucumbers lengthwise. Scoop out inside, mix with Italian Dressing, bits of tomatoes and a couple of small onions sliced. Return to shells, serve on lettuce leaves.

### EDDY'S SALAD

Grated strips of carrot, raisins, chopped nuts, and chopped apple. Sprinkle with orange juice and serve in a leaf of lettuce.

### EGG AND ONION SALAD BOWL

One head of lettuce, Lemon French Dressing, 4 medium onions, 8 hard-cooked eggs,  $\frac{1}{2}$  cup grated sharp cheese, 1 tablespoon minced parsley. Shred lettuce and toss with dressing. Arrange alternate layers of sliced onion and eggs over lettuce in salad bowl. Moisten with additional dressing, sprinkle with cheese and garnish with parsley.

### EVENING STAR SALAD

In centre of leaves of lettuce put mound of seasoned cottage or cream cheese, sprinkled with paprika. Around this arrange, like a star, a slice of pineapple cut in five pieces. Garnish points of star with cherries and small strips of green peppers. French Dressing.

### FISH AND VEGETABLE SALAD

Two cups flaked cooked fish, 1 cup Mayonnaise, 1 cup diced celery, 1 tablespoon chopped pickle, 1 cup cooked peas, lettuce, 1 cup sliced cooked beets, 2 hard-cooked eggs, sliced. Combine first 5 ingredients lightly. Pile on lettuce leaves and garnish with alternate slices of beets and eggs.

### FLORENTINE SALAD

To a large handful of cold cooked green beans add some short pieces of cold boiled or raw cucumber, some pieces of cooked cauliflower, and a large cup of cold boiled haricot beans. Mix a strong dressing of 8 teaspoons oil, 3 teaspoons vinegar, 2 teaspoons of mixed mustard, salt and pepper; then mix all thoroughly. In a salad bowl put heart of a young lettuce cut in four pieces, and a hard-boiled egg, sliced. Cold boiled leeks may be used also.

### FRENCH POTATO SALAD BOWL

Four to 6 large new potatoes, boiled in their jackets, 1 cup chopped celery, a few tiny white onions, 1 tablespoon chopped pimentos, 2 tablespoons chopped parsley. 1 teaspoon salt, dash of pepper, French Dressing, lettuce hearts. Peel potatoes and cut into thin slices, add celery, onions, pimento, parsley and seasonings. Pour on just enough dressing to coat each potato slice, chill. Toss lettuce hearts in bowl with dressing, and heap potato salad on top of lettuce.

### FROZEN SEA FOOD SALAD

Two teaspoons powdered gelatine,  $\frac{1}{2}$  cup cold water, 2 cups flaked sea food (crab meat, shrimp or lobster or crayfish),  $\frac{2}{3}$  cup of tomato catchup, 2 tablespoons lemon juice, 3 tablespoons vinegar, 1 teaspoon horse radish,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup mayonnaise, lettuce. Soften gelatine in water and dissolve over hot water. Combine with sea food, catchup, lemon juice, vinegar, horse-radish and salt, fold in mayonnaise. Freeze in refrigerator tray until firm, about 2 hours. Cut into cubes and arrange on slices of tomatoes on lettuce, or serve frozen sea food in hollowed out whole tomatoes or cucumber boats.

### FROZEN SUMMER FRUIT SALAD

Half a cup sliced strawberries,  $\frac{1}{2}$  cup diced canned pineapple,  $\frac{1}{2}$  cup diced orange segments,  $\frac{1}{2}$  cup diced bananas, 2 teaspoons lemon juice, 1 teaspoon powdered gelatine, 1 tablespoon cold water, 4 teaspoons strained honey,  $\frac{3}{4}$  cup heavy cream, whipped lettuce. Combine fruits with lemon juice, chill. Soften gelatine in cold water; dissolve over hot water and add to honey and fruit. Fold whipped cream into fruit mixture and freeze in refrigerator tray 3 hours or until firm. Cut into squares and serve on lettuce; or use  $\frac{1}{2}$  cup raspberries instead of strawberries; or freeze in sealed baking powder tins, slice, arrange on lettuce.

### FRUIT FILLED TOMATOES

Scoop out large tomatoes, mix pulp with some ripe banana mashed to a pulp, a little grated apple, and a tablespoon of mayonnaise. Fill tomatoes with this mixture. Lay a few capers on top. Serve on dish with lettuce or cress, and sliced hard boiled eggs.

### GOLDEN GLOW SALAD

Dissolve 1 pint packet lemon crystals in 1 cup hot water. Add 1 cup tinned pineapple juice, a tablespoon vinegar, and  $\frac{1}{2}$  teaspoon salt. Leave till nearly setting, then add 1 cup crushed pineapple, 1 cup raw grated carrot,  $\frac{1}{2}$  cup chopped walnuts. Set in individual moulds. Turn out on to heart lettuce leaves, and garnish with mayonnaise.

### HAM AND APPLE SALAD

One and a half cups diced ham,  $1\frac{1}{2}$  cups diced apple,  $\frac{1}{2}$  cup chopped celery, 1 head lettuce shredded, French Dressing (with mustard added). Combine all ingredients, adding enough dressing to coat ingredients, and toss together in salad bowl, or use Pineapple Cream dressing instead of French Dressing.

### HOT GREEN BEAN AND BACON SALAD

Two pounds fresh green beans, 3 slices uncooked bacon, diced, 1 onion, minced,  $\frac{1}{2}$  cup vinegar, dash pepper. Wash and string beans; cut into diagonal strips and cook in salted water until tender. Drain and keep hot. Fry bacon until crisp; add onion, stir for a minute and add vinegar, letting it boil up once. Pour over the beans, add pepper, and serve hot.

### HOT POTATO SALAD

Six new potatoes, 6 slices uncooked bacon, diced, 1 small onion minced,  $\frac{1}{4}$  cup vinegar,  $\frac{3}{4}$  teaspoon salt, dash of pepper,  $\frac{1}{4}$  cup sour cream, watercress. Boil potatoes in their skin, peel and slice. Fry bacon until crisp; remove, and brown onion in bacon fat. Add vinegar, salt, pepper and sour cream; add potatoes and bacon. Serve hot; garnish with watercress.

### NEW POTATO SALAD

Scrape and boil 1 lb. of tiny new potatoes. When cold, place in a salad bowl, add 1 cup or more of cold, cooked green peas. Cover with mayonnaise salad dressing. Fill salad bowl with finely cut lettuce, top with sliced tomato and garnish with rings of the whites of hard boiled eggs. Sprinkle with finely chopped mint.

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Use HANSELL'S JELLY CRYSTALS for best results

### JACK O'LANTERN SALAD

For each, allow 1 large peach half, fresh and ripe, stewed or canned, 1 curly-edged lettuce leaf, 3 raisins, 3 strips pimento red food colouring, 2 or 3 tablespoons grated carrot, 1 tablespoon mayonnaise. On salad plate put lettuce leaf and peach half in it, rounded side up. Use raisins for eyes and nose, strip of pimento for smiling mouth (failing pimento, a strip of red tomato). Sprinkle grated carrot round "forehead" for hair; tuck dot of mayonnaise under "chin" and 2 strips pimento for a bow, crossed. Cheerful face, frilled by frilly green lettuce "bonnet".

### JELLIED SHRIMP OR PRAWN SALAD

One tablespoon powdered gelatine,  $\frac{1}{4}$  cup cold water,  $1\frac{1}{2}$  cups tomato juice, 2 tablespoons vinegar, 2 tablespoons lemon juice, dash salt, 1 cup shrimps, halved lengthwise,  $\frac{1}{2}$  cup diced celery, 1 bunch watercress, cucumber dressing. Soften gelatine in cold water and dissolve over hot water. Add tomato juice, vinegar, lemon juice and salt and chill; when beginning to thicken add shrimps and celery. Pour into oiled ring-mould, chill, unmould and serve on watercress. Dice the shrimps or prawns, or use individual moulds.

### LADY WINDERMERE SALAD

On bed of endive or lettuce arranged fan-shaped on plate, put chopped olives and finely shredded celery, or shredded cucumber, mixed with Thousand Island Dressing. Over this lay 5 spears of asparagus tips in fan shape, with ends together, and the tips pointing outwards. Garnish with chopped olives, or green and red peppers. Pipe a rosette of cream cheese at the handle end, and place a ripe olive for the handle. Pipe a line of cream cheese on top of the asparagus tips and over the cream cheese lay alternating strips of red and green pepper.

### MACEODOINE SALAD

Marinate with Italian Dressing 1 cup each of cooked potato cubes, carrot cubes, peas, and string beans. Arrange on lettuce leaves in four sections, and cover with mayonnaise. Garnish 2 sections with chopped hard boiled egg whites; remaining two sections with yolks of eggs forced through potato ricer. Put small sprigs of parsley between each section.

### **LOBSTER OR CRAYFISH SALAD**

Two cups lobster meat, freshly boiled or canned, 1 cup French Dressing, 1 cup diced celery,  $\frac{1}{2}$  teaspoon salt, dash pepper,  $\frac{1}{2}$  cup mayonnaise, salad greens. Break lobster meat into pieces (not too small). Marinate in French Dressing for 1 hour, drain and add celery, salt, pepper and mayonnaise. Mix lightly and serve on salad greens. Garnish with lobster claws, wedges of hard-cooked eggs and capers.

### **MARGUERITE SALAD (With cheese balls)**

Cook, peel, and slice a beetroot; pour over it  $\frac{1}{2}$  teacup vinegar, and leave for an hour. Mix up some cubed cold cooked potatoes, grated onion, and mayonnaise, pepper and salt, and place in salad bowl. Arrange drained beetroot on top smoothly. Decorate with strips of white of egg arranged to form a marguerite, with five cheese balls for centre. Serve with more cheese balls and biscuits on separate dish.

**CHEESE BALLS:** Yolks of 2 hard-boiled eggs,  $1\frac{1}{2}$  oz. butter, 6 oz. grated cheese, cayenne,  $\frac{1}{4}$  teaspoon made mustard, 1 dessertspoon vinegar. Mix mustard and vinegar in cup, add egg yolks and butter, mash till smooth. Season with cayenne, work in grated cheese and form into balls.

### **MIMOSA TOMATOES**

Cut tops off good tomatoes, scoop out insides and mix with a couple of spoonfuls of mayonnaise. Add some cooked green peas and grated cooked carrot. Fill tomatoes with this mixture, put lid piece back. Arrange on lettuce leaf, and sprinkle with hard-boiled egg yolk pressed through fine sieve. Sprinkle with curry powder if liked.

### **MIXED SALAD**

Can be used whole year round. Wash well a good mixture of green stuff—lettuce, silver beet, cress, endive, young cabbage, parsley. Slice cold boiled potatoes, and place a cupful in bottom of salad bowl. Then add a sprinkling of finely chopped chives or onions. Next add some apple, then sliced or grated cheese, carrots grated on grater, a little celery in season, and more potato on top. Now add the greens and a few pieces of red beet. A layer of tinned fish is very tasty.

### MIXED VEGETABLE SALAD

One cup diced raw carrots,  $\frac{1}{2}$  cup diced raw celery,  $\frac{1}{2}$  cup diced pared cucumber, 1 cup cooked or canned peas,  $\frac{1}{2}$  cup diced, cooked or canned beetroot, 2 tablespoons minced onion,  $\frac{1}{4}$  cup mayonnaise, 2 tablespoons French Dressing,  $\frac{3}{4}$  teaspoon salt, pepper, lettuce, 1 shelled hard boiled egg, 2 small peeled quartered tomatoes, 1 tablespoon minced parsley and watercress. Combine carrots, celery, cucumber, peas, beetroot, onions. Chill thoroughly. Combine mayonnaise, French Dressing, salt, pepper and add to vegetables, tossing well. Line bowl with lettuce. Put mound of vegetable in centre. Separate white and yolk of egg, and chop up. Sprinkle half of mound with egg white, and the other half with egg yolk. Put line of minced parsley between two halves. Garnish with watercress and tomato quarters.

### MIXED VEGETABLE SALAD BOWL

Three tomatoes, cut into wedges, 1 cucumber, cut into thin slices, 1 green pepper, cut into rings, 6 green onions, sliced, 6 radishes sliced, 1 head lettuce shredded, French Dressing. Prepare and chill vegetables. Toss together with dressing in a salad bowl, previously rubbed with a clove of garlic.

### ORDERLY'S SALAD

Cooked broad beans (young ones cooked in pods and sliced as runner beans), cooked sliced potatoes, chopped onion, grated carrot, green lettuce, white lettuce, mint sauce, strips of cheese, and beetroot or tomato wedges. Place beans on bottom of dish, cover with sliced potatoes then the chopped onion and grated carrot together. Pile layers of green and white lettuce on top in shape of mound. Put strips of cheese, beetroot, and tomato round edge of lettuce mound. Finally pour carefully the mint sauce over the whole salad.

### OYSTER SALAD

One pint oysters, 2 cups chopped celery. French Dressing, lettuce, 8 slices lemon, 8 sprigs parsley. Wash and drain oysters. Place in saucepan with a little water and simmer until edges begin to curl. Cool, drain and cut into quarters. Add celery to oysters and moisten with French Dressing. Place on lettuce and garnish with lemon slices and parsley.

### PICNIC SALAD BOWL

One tin asparagus tips, French Dressing with mustard added, 3 hard-cooked eggs,  $\frac{1}{2}$  cup devilled ham, hearts of lettuce, 2 strips pimento (red peppers), 6 wedges cheese. Marinate asparagus in dressing; chill. Cut eggs lengthwise and remove yolks. Stuff with devilled ham mixed with mashed egg yolks and moisten with dressing. Toss lettuce hearts in salad bowl with dressing. Arrange asparagus tips in centre (held together with pimento strips), surround with cheese and border with stuffed egg halves. Serve with potato chips. Serves 6. Cooked green beans may be used instead of asparagus tips.

### POINSETTIA SALAD

Choose firm tomatoes, good shape. Peel. Cut down into eighths but leave joined at the bottom. Open out like flower; in the centre of each put a good teaspoon of cream cheese. Cover with dressing or mayonnaise, and sit in a bed of lettuce.

### POTATO SALAD

Cut cold boiled potatoes into cubes, place on dish, surround with lettuce, grate over very little onion. Also put beetroot or celery if liked, and cover with this dressing:—Two tablespoons mashed potatoes, 2 teaspoons sugar,  $\frac{1}{2}$  teaspoon dry mustard; mix well, then add milk to make consistency of thick cream.

### POTATO SALAD (Danish)

Boil potatoes, peel them after boiling, and slice. Melt some butter in a saucepan, fry some sliced onions, but do not let them brown, add a little milk and cook for  $\frac{1}{4}$  hour. Add salt, pepper, a little sugar, made mustard, and vinegar. Mix with hot sliced potatoes. Serve hot or cold with any kind of meat or sausage.

### POTATO AND EGG SALAD

Peel 1 lb. cooked new potatoes, and slice thinly. While hot, add 4 tablespoons salad oil, 4 tablespoons lemon juice,  $\frac{1}{2}$  cup diced cucumber,  $\frac{1}{2}$  cup sliced onion, 2 tablespoons chopped parsley, salt and pepper to taste. Mix lightly with fork and leave overnight. Before serving next day mix in 2 diced hard-boiled eggs.

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Use HANSELL'S CREAM OF TARTAR in your cooking

**POTATO SALAD (Hot)**

Boil 2 lb. of potatoes in their jackets. Peel when cool—(or if preferred, peel first, and cook;)  $\frac{3}{4}$  cup minced onion,  $1\frac{1}{2}$  teaspoons flour, 2 tablespoons coarsely minced green peppers (if obtainable), 1 tablespoon sugar, 2 teaspoons salt, 1 tablespoon minced or chopped parsley,  $\frac{1}{3}$  cup water,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{3}$  cup of vinegar, 2 tablespoons salad or olive oil, 1 teaspoon celery seeds (or dried tops). Fry the minced onion in the oil, over a low heat, until tender but not brown. Mix up in a cup the flour, sugar, salt and pepper and add vinegar and water, stir till blended. Then stir this mixture into the onions and simmer until slightly thickened, stirring all the time.

Now slice the peeled potatoes into the hot dressing. Add a little more chopped onion (about  $\frac{1}{4}$  cup) the parsley, peppers if possible, and celery. Move potatoes about well so that they are covered with the dressing. Very good served with hard boiled eggs, or grilled fish, or rolls of bacon, or just grilled bacon.

**RADISH FLOWERS**

You can make radish flowers by splitting them lengthwise (after scraping lightly) in four with a sharp knife. Drop them in cold water until they curl back. These make a pretty decoration for salads. Can be put in ice water if available.

**RED CAP MUSHROOM SALAD**

Shell hard-boiled eggs, cut off broad ends so that they will stand up. On top of narrow ends fit halves of skinned tomatoes. They represent a kind of mushroom with scarlet cap, known in Scandinavia. Arrange these "red caps" in a circle on bed of green salad, with wedges of cucumber in between. Fill centre space with potato salad—cooked potatoes cubed and sprinkled with a little grated onion. Eat with cheese and wholemeal bread and butter. A dab of mayonnaise may be put on red caps.

**SALAD**

Shred finely the hearts of half a savoy cabbage and half a white cabbage. Add 3 grated carrots, 1 hard-boiled egg, 1 finely grated onion, some mustard and cress. Serve with cream dressing.

## SALADS WITH CHEESE

(1) Diced cooked beetroot, shredded celery, chopped apple, minced onion, and chopped or grated cheese. Mix well.

(2) Apples, walnuts, and mixed nuts with lettuce. Polish and core apples but do not peel. Cut into rings. Mash some process cheese to a cream with spoon and add chopped nuts. Make sandwiches of 2 slices of apple and the creamed cheese mixture. Lay on lettuce leaf.

## SALAD SUPREME

One cup raw grated carrot, 1 cup tinned pineapple cut small, 2 oranges cut small,  $\frac{1}{2}$  cup green peas or chopped celery, 1 tablespoon gelatine,  $\frac{1}{4}$  cup cold water, 1 cup hot pineapple juice,  $\frac{1}{4}$  cup vinegar,  $\frac{1}{2}$  cup orange juice, 2 rounded tablespoons sugar (not heaped), pinch of salt. Soak gelatine and sugar in the cold water for half an hour, then add salt and hot pineapple juice and stir till dissolved. When jelly is cold, add the other ingredients and turn into individual moulds. When set, turn out on lettuce leaves, and top with a good mayonnaise.

## SAUSAGE SALAD

Four sausages, 4 large cold boiled potatoes, sliced, 1 small onion or leek chopped, mixed pickle, chopped, 4 breakfast cups finely shredded cabbage heart, salad dressing, watercress. Tomatoes or radishes if available. Boil the sausages for 15 minutes and allow to cool. When cold, skin and slice. Mix all ingredients except watercress, with sufficient salad dressing to moisten. Pile in bowl and decorate with watercress and tomatoes or radish.

## STUFFED PEACH SALAD

Eight peach halves—ripe or stewed, 3 oz. cream cheese, 24 salted almonds, chopped, dash of salt and paprika, lettuce, brightly coloured jelly, and mayonnaise. Blend cream cheese, chopped almonds, salt and paprika. Arrange 2 peach halves on lettuce on each plate, fill centres of peaches with cheese mixture, heaping roughly. Top off with spoonful of mayonnaise, and a bright dot of jelly. Salted peanuts may be substituted.

### SCANDINAVIAN EGG SALAD

Cut broad ends off hard-boiled eggs so that they will stand up. Cut down white part of small end towards the middle, with four or five strokes of the knife. Don't cut the yolk. This forms petals which are laid open and curled backwards, showing yellow centre. Surround with lettuce, pieces of cucumber, ripe pear or apple, tomato, cheese, and anything else liked.

### SHRIMP SALAD WITH PEAS

Two cups fresh cooked shrimp, mayonnaise, cream, 1 cup diced celery, 4 hard-cooked eggs, 1 cup cooked peas, lettuce. Clean shrimps, thin mayonnaise with cream and mix all ingredients together lightly. Season and serve on crisp lettuce.

### TOMATO AND CUCUMBER SALAD

To 6 firm ripe tomatoes allow about 6 tablespoons shredded cucumber, salt, shredded lettuce and other greens, 3 to 4 tablespoons mayonnaise. Skin tomatoes, chill. Cut slice from top of each, scoop out some centre. Season tomatoes with salt. Grate cucumber, mix with tomato pulp and fill tomato cases. Replace lids on tomatoes. Stand each on bed of finely shredded green salad. Just before serving mask tomatoes slightly with mayonnaise dressing. Sprinkle paprika on top.

### TWIN DELIGHT SALAD

On crisp lettuce or watercress put 1 peach half, fresh or canned, hollow side up. Fill with seasoned cottage or cream cheese. Top with almonds or walnuts. Beside peach, place half a red-skinned apple which has been hollowed out and filled with Waldorf Salad or if desired, a meat or fish salad mixture. Top with mayonnaise. Garnish with sprigs of parsley.

### TONGUE AND CABBAGE SALAD

One head cabbage, 1 cup diced cold cooked tongue, 1 cup diced cold cooked ham, 1 green pepper, chopped,  $\frac{1}{2}$  onion, chopped, 1 cup mayonnaise. Shred cabbage as for coleslaw. Add next 5 ingredients and blend mayonnaise with cabbage mixture. Sugar and salt may be added if desired.

## TOMATOES FILLED WITH SALAD

One cup cooked peas, 1 cup cooked green beans, 1 cup cooked sliced carrots, 1 cup uncooked cauliflowerets, 1 cup diced celery, French Dressing, 6 large tomatoes,  $\frac{1}{2}$  teaspoon salt, 1 head lettuce, mayonnaise, parsley. Combine first 5 vegetables with French Dressing and chill. Peel tomatoes, sprinkle with salt, invert and chill. Drain tomatoes and cut each into 5 sections, leaving whole at the stem end. Place each one on a lettuce cup, fill with the marinated vegetables, and top each with mayonnaise and parsley.

## WALDORF SALAD

Half a pound of apples peeled, cored, and nicely cut, mixed with crisp celery, dates and nuts. Serve with French or cream dressing on lettuce leaf.

## WATERLILY SALAD

Arrange 6 leaves of endive, tips outwards, from beneath a slice of pineapple. Spread or stuff one with grated cheese, the next with cream cheese, repeating till all are filled. In centre of pineapple slice, arrange three small endive tips to form a cup for holding mayonnaise or other salad dressing.

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Use HANSELL'S MERINGUE WHIP in your cooking

## SALAD DRESSINGS

### BOILED SALAD DRESSING

One and a half cups of water, 1 tablespoon flour,  $\frac{1}{2}$  cup sugar, 3 teaspoons mustard, 1 cup vinegar, 2 teaspoons salt, 2 tablespoons butter, 2 eggs (3 if possible). Put all in basin, beat, and put basin in saucepan of hot water. Heat and stir till it thickens. Screw down when cool.

### BOILED DRESSING

Three-quarters of a teaspoon of salt, 1 teaspoon dry mustard,  $1\frac{1}{2}$  teaspoons sugar, pinch cayenne,  $1\frac{1}{2}$  teaspoons cornflour, 1 egg, or 2 egg yolks, slightly beaten,  $1\frac{1}{2}$  teaspoons melted butter,  $\frac{3}{4}$  cup milk,  $\frac{1}{4}$  cup vinegar. Mix dry ingredients. Add slightly beaten eggs, butter, milk and vinegar. Cook over hot water until mixture thickens; pour into glass jar. Store, and use as needed.

### COTTAGE CHEESE DRESSING

Half a cup of cottage cheese,  $\frac{1}{2}$  cup evaporated milk,  $\frac{1}{2}$  cup lemon juice, 1 tablespoon honey or sugar,  $\frac{1}{2}$  teaspoon salt, dash paprika, 1 tablespoon chopped chives. Beat all ingredients together until smooth. Makes  $1\frac{1}{3}$  cups.

### CUCUMBER CREAM DRESSING

Two tablespoons lemon juice, 1 cup heavy whipped cream, dash cayenne,  $\frac{1}{4}$  teaspoon salt, dash of white pepper,  $\frac{3}{4}$  cup grated cucumber, drained. Stir lemon juice gradually into whipped cream, add seasonings and cucumber. Serve with fish or aspic. Serves 12. Cucumber dressing—Use  $\frac{1}{2}$  cup mayonnaise with  $\frac{1}{2}$  cup whipped cream.

### DUTCH SALAD DRESSING

Beat 2 eggs with good pinch salt. Add 1 teaspoon dry mustard, and beat. Add 4 flat tablespoons sugar and beat. Add 1 cup fresh milk and beat. Pour in slowly  $\frac{1}{2}$  cup vinegar, and 1 teaspoon cornflour mixed to a smooth paste with a little of the milk. Cook in double boiler till thick and creamy. Beating is important. Use as it is—do not thin with vinegar. Should keep about a week.

### EVERYDAY SALAD DRESSING

Saltspoon salt, teaspoon mustard, dessertspoon sugar, 2 tablespoons vinegar, 4 tablespoons milk, 1 tablespoon off top of milk (or cream). Mix salt, mustard and sugar with the cream. Then drop in the vinegar, stirring all the time. Then add milk very slowly.

### FRENCH DRESSING

One-third of a cup vinegar, or  $\frac{1}{4}$  cup lemon juice, 1 cup olive oil, 1 teaspoon salt,  $\frac{1}{3}$  teaspoon pepper, 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon paprika. Combine the oil and seasonings, and gradually beat in the vinegar. Keep in cool place. Shake before using.

### FRENCH DRESSING (No Oil).

One teaspoon gelatine, 1 tablespoon cold water,  $\frac{1}{4}$  cup hot water, 3 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup fresh lemon juice,  $\frac{1}{8}$  teaspoon dry mustard,  $\frac{1}{2}$  teaspoon paprika. Soften gelatine in cold water. Dissolve in hot water. Add sugar and salt. When cool, add lemon juice, mustard and paprika. Add chopped green pepper, onion, garlic or other seasonings to taste. Shake well and chill.

### GOLDEN SYRUP DRESSING

Any boiled salad dressing may be made by adding golden syrup instead of sugar. Some people prefer it to sugar.

### HONOLULU SALAD DRESSING

One can tomato soup,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup salad oil, 1 teaspoon Worcester Sauce, 1 teaspoon mustard, 1 tablespoon grated onion. Put all in jar and shake well.

### ITALIAN DRESSING

Measure 3 parts salad oil to 1 part vinegar. Drop oil slowly into vinegar, beating well. Add salt and pepper to taste. A few drops of onion juice may be added.

### LYALL BAY DRESSING

Mash up the hard-boiled yolk of an egg with salt, pepper, mustard to taste. Mix with 1 small tin of cream. Break down with vinegar to correct consistency.

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### LEMON FRENCH DRESSING

Half a cup olive or salad oil,  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{2}$  teaspoon salt, few grains cayenne, 2 tablespoons sugar or honey. Combine all ingredients and shake well before using. Makes 1 cup.

Variations using 1 cup Lemon French Dressing:

*CREAM CHEESE GINGER:* Beat in 2 tablespoons each cream cheese and chopped ginger.

*FRUIT:* Use 2 tablespoons each lemon, lime, pineapple and orange juice instead of  $\frac{1}{2}$  cup lemon juice.

*MARASCHINO:* Add 1 tablespoon chopped toasted almonds and 1 tablespoon minced maraschino cherries.

*MINT:* Add 2 tablespoons chopped mint.

*ORANGE:* Use  $\frac{1}{4}$  cup orange juice or  $\frac{1}{4}$  cup lemon juice and reduce sugar to 1 teaspoon.

*PINEAPPLE:* Use  $\frac{1}{4}$  cup pineapple juice instead of  $\frac{1}{4}$  cup lemon juice and reduce sugar to 1 teaspoon.

### MAYONNAISE (Five minute)

Yolk of 1 egg, pinch of salt,  $\frac{1}{2}$  teaspoon sugar, 1 teaspoon mustard. Beat well. Add gradually 4 tablespoons olive oil, whipping constantly. Add lemon juice gradually to taste.

### MAGIC MAYONNAISE

One quarter of a cup vinegar or lemon juice,  $\frac{1}{2}$  cup salad oil or melted butter,  $\frac{2}{3}$  cup sweetened condensed milk, 1 teaspoon dry mustard, 1 egg yolk (unbeaten),  $\frac{1}{2}$  teaspoon salt, few grains cayenne. Place ingredients in pint jar. Fasten top on and shake vigorously for 2 minutes. Chill before serving. May be made by stirring ingredients in a bowl.

### MAYONNAISE (Wadestown)

One 14 oz. tin sweetened condensed milk, 1 teaspoon pepper, 1 teaspoon salt, 1 teaspoon mustard, 3 parts fill the empty milk tin with vinegar, then fill to brim with water. Add this to milk and seasoning and beat all together with rotary beater. One or two eggs may be beaten in if liked, but it is just as nice without. This recipe fills a 2 lb. preserving jar.

### PINEAPPLE CREAM DRESSING

**ORANGE CREAM:** Use orange juice in place of pineapple.

Three egg yolks,  $\frac{1}{2}$  cup sugar, 5 tablespoons lemon juice,  $\frac{1}{2}$  cup pineapple juice, dash salt,  $\frac{1}{2}$  cup heavy whipped cream. Beat egg yolks and sugar together, add fruit juices and salt and cook in top of double boiler until mixture thickens. Cool and fold in whipped cream. Makes  $1\frac{1}{2}$  cups.

### MAYONNAISE (Quick)

One egg, 1 teaspoon salt, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{8}$  teaspoon paprika, 1 tablespoon vinegar, 1 tablespoon lemon juice, 1 cup salad oil. Beat egg and seasonings together until thick, add vinegar and beat well. Add oil slowly 1 teaspoon at a time, beating well between each addition. When  $\frac{1}{2}$  cup of oil is added, the remainder may be added alternately with lemon juice. For a thicker mayonnaise use 1 or 2 egg yolks in place of the whole egg.

### SALAD DRESSING

One small cup sugar, 2 eggs, 1 dessertspoon salt, 1 small cup malt vinegar, 1 tablespoon butter, 1 teaspoon mustard. Blend well together, and cook slowly till it thickens. Do not let it boil. This keeps indefinitely and is sufficient for several salads. Add cream to taste each time, or top milk.

### SALAD DRESSING

One egg, 1 saltspoon salt, 1 mustard spoon made mustard, 4 dessertspoons water, 1 teaspoon sugar, 2 dessertspoons vinegar, butter the size of a walnut. Beat egg well, put with other ingredients in saucepan. Stir over fire till thick, but do not boil.

### SOUR CREAM DRESSING

Two hard cooked egg yolks, 1 cup sour cream, 1 teaspoon lemon juice,  $\frac{1}{2}$  teaspoon sugar, dash each salt and pepper. Press yolks through a sieve and beat into sour cream. Beat in lemon juice, sugar and seasonings. Makes  $1\frac{1}{4}$  cups.

### TOMATO SALAD DRESSING

Four tablespoons tomato juice, 1 tablespoon lemon juice,  $\frac{3}{4}$  teaspoon salt,  $\frac{3}{4}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon prepared mustard, 1 teaspoon sugar. Put ingredients into a bottle and shake well.

### SOUR CREAM SALAD DRESSING (Uncooked)

Half a cup of sour cream, 1 tablespoon sugar,  $\frac{1}{4}$  teaspoon salt, a little pepper, 1 teaspoon lemon juice, 2 tablespoons vinegar. Whip the cream. Mix sugar, salt and pepper in a bowl. Add lemon juice and vinegar, then stir this mixture gradually into the whipped cream. Serve on cabbage, cucumbers or lettuce.

### SHAKE UP MAYONNAISE

Half a cup of vinegar or lemon juice, 1 small cup sweetened condensed milk, 1 teaspoon made mustard, teaspoon salt, pinch pepper, 1 egg yolk only. Place all ingredients in above order in screw top jar. Shake vigorously for 2 minutes. Will blend perfectly. Egg may be omitted.

### THOUSAND ISLAND DRESSING

(1) Combine  $\frac{1}{2}$  cup mayonnaise with 2 teaspoons chopped chives, 2 tablespoons ketchup, 2 tablespoons chili sauce, 2 chopped hard-boiled eggs,  $\frac{1}{2}$  cup cream, and 2 tablespoons chopped red peppers. Chill well.

(2) One cup mayonnaise,  $\frac{1}{2}$  tablespoon minced chives, 5 tablespoons chili sauce, and 1 chopped red pepper. Chill well.

(3) Easiest, but not quite correct. To 1 cup mayonnaise add 2 tablespoons each of chopped sweet pickle, green olives and capers and 2 teaspoons chopped parsley.

### WHIPPED CREAM DRESSING

Two thirds cup of sugar, 2 tablespoons flour, 2 eggs, (beaten), 2 tablespoons salad oil, 3 tablespoons lemon juice, 4 tablespoons orange juice, 1 cup pineapple juice,  $\frac{1}{2}$  cup heavy cream, whipped. Combine sugar and flour in top of double boiler, add remaining ingredients except cream and cook until thickened, stirring constantly. When cool fold in whipped cream. Makes 2 cups.

GINGER: Add 3 teaspoons chopped crystallized ginger.

## SWEETS (HOT)

### ADAM'S PUDDING

One and a half pints milk,  $\frac{1}{4}$  lb. breadcrumbs, 1 tablespoon butter, pinch salt, 6 oz. sugar,  $\frac{1}{2}$  lb. apples, weighed after being peeled and chopped,  $\frac{1}{2}$  teaspoon vanilla, 3 eggs, 1 tablespoon castor sugar. Boil milk and pour over breadcrumbs, stir in butter, salt and sugar. Leave  $\frac{1}{2}$  hour. Mix in finely chopped apples and vanilla, also beaten egg yolks. Butter a pie dish, pour in mixture and bake  $\frac{3}{4}$  hour. Beat whites stiffly with castor sugar, heap on pudding and return to oven to brown.

### APPLE AMBER

Two pound of apples, 4 oz. sugar, 2 oz. butter, 2 or 3 eggs, 1 tablespoon sugar to each egg white, rind and juice 1 lemon. Cook apples with sugar, butter, rind and juice of lemon. When cooked beat with fork and rub through sieve. Add egg yolks and pour mixture into pie dish. Whip up whites, add sugar, and pile on top of pudding. Sprinkle with sugar, place in cool oven for about 50 minutes.

### APPLE CHARLOTTE (Swedish)

Grate some stale bread into crumbs and fry them brown in butter. Peel, core, and slice some apples and stew them with a little sugar and a very little water, to a thick pulp. Put the apple and the crumbs in layers in a buttered casserole, having a layer of crumbs on top. Bake in moderate oven and serve with custard.

### APPLE CURRANTY (Devonshire)

Three quarters of a pound of flour, small teaspoon baking powder, 4 large sour cooking apples,  $\frac{1}{2}$  lb. finely shredded suet, 2 tablespoons sugar, pinch salt, a few sultanas or currants, 1 egg and a little milk. Chop apples about size of lump sugar. Put all into basin and mix with 1 egg and very little milk, not more moist than a cake. Bake about 1 hour, or boil in basin  $2\frac{1}{2}$  to 3 hours. Serve with Devonshire Cream.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### APPLE CRISP

Four apples,  $2\frac{1}{2}$  tablespoons butter,  $\frac{1}{2}$  cup sugar,  $\frac{3}{4}$  cup water,  $\frac{3}{4}$  cup flour. Slice apples in piedish, pour over cold water, and sprinkle with cinnamon. Rub butter into flour and sugar till crumbly, and sprinkle on top of apples. Bake  $\frac{1}{2}$  hour. No sugar is added to apple—it soaks through from the top.

### APPLE BROWN BETTY

Two tablespoons melted butter or fat, 2 cups fine breadcrumbs, 2 cups sliced apples or other fruit,  $\frac{1}{2}$  cup fruit juice or water,  $\frac{1}{2}$  cup sugar or honey, juice and grated rind 1 lemon or orange, cinnamon or other spices.

Arrange layers of buttered crumbs and thinly sliced apples in pudding dish. Sprinkle each layer of fruit with sugar and a little cinnamon or other spices. Finish with layer of crumbs, pour fruit juice and water over top. Bake at 350 degrees for 45 minutes approximately.

### APPLE CUSTARD (Australian)

Put  $\frac{3}{4}$  pint breadcrumbs into saucepan, pour over them  $1\frac{1}{2}$  pints hot milk and bring to boil. Add 1 oz. butter. Beat together 1 egg and 2 oz. sugar until light. Stir this and  $\frac{1}{2}$  pint of grated raw apples into the milk and breadcrumbs, and flavour with vanilla or lemon essence. Pour into buttered pie dish and bake in moderate oven.

### APPLE AND FIG PUDDING

One cup flour, 1 cup breadcrumbs,  $\frac{3}{4}$  cup shredded suet, salt, 1 cup diced apples, 1 cup chopped figs or dates, 2 level teaspoons baking powder,  $\frac{1}{2}$  cup sugar. Mix with milk, but do not make too wet. Steam  $2\frac{1}{2}$  to 3 hours.

### APPLE CUSTARD

Peel, core and quarter 4 or 5 apples in a pie dish, add a little water and sugar. Bake till soft. Add 1 large sliced banana, and juice of 1 large orange. Beat 2 eggs, add  $1\frac{1}{2}$  cups milk and  $\frac{1}{2}$  teaspoon orange flavouring, pinch salt, and pour over the apple mixture. Bake in moderate oven till set.

### APPLE DUMPS (With Hard Orange Sauce)

Four oz. flour, 4 oz. cornflour, 4 oz. butter,  $\frac{1}{2}$  oz. sugar, pinch salt, 1 egg yolk to mix, 1 small teaspoon baking powder. Rub butter into flour, drop in the yolk, and mix with milk or water to the right consistency. Cut into squares to fit the apples, which are cored and peeled. Put the apples on the pastry squares, fill cores with mixture of 1 teaspoon cinnamon and  $\frac{1}{2}$  cup sugar, dot of butter on top. Fold up pastry. Simmer skins and cores in  $1\frac{1}{2}$  cups boiling water for about  $\frac{1}{4}$  hour. Strain, add  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  teaspoon cinnamon, and stir. Add 4 tablespoons butter, 3 tablespoons lemon juice, 1 tablespoon grated lemon rind. Pour over the dumps in the dish, brush dumps with slightly beaten white, and sprinkle with sugar. Ten minutes in hot oven, then reduce for about  $\frac{1}{2}$  hour.

ORANGE HARD SAUCE. Half cup butter, 1 cup icing sugar, 2 teaspoons orange juice,  $\frac{1}{2}$  teaspoon orange essence, pinch salt, 1 tablespoon grated orange rind. Work butter till creamy, add sugar gradually blend in juice and essence, beating well. Pile lightly in dish.

### APPLE FRITTERS (Quick)

Two large apples, 1 cup flour, 1 egg, 1 teaspoon baking powder, 1 teaspoon lemon custard powder,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons sugar. Put flour, sugar, salt and custard powder in basin. Mix to batter with egg and sufficient milk, then add baking powder. Peel apples and quickly grate into batter—use large vegetable grater. Drop in teaspoons on to hot greased pan, and cook golden brown. Pile on hot dish, sprinkle with sugar, and garnish with lemon slices. Delightful batter also for savouries. Can also be used for frying fish, only use 1 apple and leave out sugar.

### APPLE FRITTERS

Batter for apple or banana fritters. Three tablespoons flour, 2 eggs, pinch of soda, milk to mix. Put flour in basin, add eggs well beaten, and other ingredients. Let stand some hours. Cut bananas in thin slices, and apples very thin with core removed. For sweet fritters add a little sugar and flavouring. For savoury fritters add pepper and salt to taste.

### APPLE GINGER-BREAD UPSIDE-DOWN CAKE

This is a dessert. Thickly slice some apples and put in buttered baking dish. Sprinkle with 2 teaspoons cinnamon, and 1/3 cup sugar. Melt 1/2 cup butter or fat in 1/2 cup boiling water. Add 1 cup golden syrup (or treacle or molasses). Sift in 2 1/2 cups flour, 2 teaspoons ground ginger, 1 teaspoon baking soda and 1/2 teaspoon salt. Pour on top of apples. Bake about 45 minutes, moderate oven. Turn out upside down, serve with cream or custard.

### APPLE PIE (Hawaiian)

One cup sugar, 1 cup pineapple juice, 6-8 medium apples, 2 1/2 teaspoons cornflour, pinch salt, 1 tablespoon butter. Put sugar and pineapple juice on to boil. Add apples, pared, cored and quartered. Cook slowly with the lid off until the fruit is tender. Keep the apples moved about so that they are covered with the syrup. Lift out and lay in piedish lined with uncooked pastry. Dissolve the cornflour in a little water, and thicken the syrup. Cook about 5 minutes. Add the butter, a little vanilla, and pour over the apples. Cut strips of pastry 1/2 inch wide, brush with milk or beaten egg, and put criss-cross over apples. Bake in 450° oven for 10 minutes, then at 350° for about half an hour.

### APPLE DUMPLINGS (Baked)

Make a suet crust with 2 cups flour, 1 cup shredded suet, 2 small teaspoons baking powder, pinch of salt, and water to mix to a paste. Peel and core apples, fill holes with a little sugar, butter, cloves or cinnamon. Roll the crust into equal parts or big squares, place apples on, mould round, glaze with white of egg, and bake half an hour. Serve with sugar sprinkled over.

### APPLES AND DUMPLINGS

Have ready a quantity of stewed apples boiling in a saucepan sweetened and fairly wet. Mix up dumpling batter with 1 cup flour, 1/2 cup of shortening, a pinch of salt, one teaspoon baking powder, and 3/4 cup milk. Drop this by tablespoons into the boiling apples, put on lid and boil for 20 minutes without lifting the lid.

### APPLE DUMPLINGS BAKED IN SYRUP

Two cups flour, 2 teaspoons baking powder, 1 teaspoon salt,  $\frac{3}{4}$  cup butter or fat,  $\frac{1}{2}$  cup milk to mix. Sift flour, salt and baking powder. Cut in the butter. Add milk and mix. Roll out  $\frac{1}{4}$  inch thick. Cut into squares. Sit a cored apple in each piece, sprinkle with sugar, cinnamon, nutmeg, etc. Gather up the corners, pinch together and put in baking dish.

SYRUP. One cup sugar, 1 cup water, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon each ground cinnamon and nutmeg. Boil 5 minutes. Pour boiling hot over dumplings. Bake 30 to 40 minutes in moderate oven. Serve with custard.

### APPLE PANDOWDY

Four tart apples, sliced thin,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  cup molasses,  $\frac{1}{2}$  cup hot water, 1 cup sifted flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{3}$  cup butter or fat, about  $1\frac{1}{3}$  cup milk.

Fill oblong baking dish with sliced apples. Mix sugar, cinnamon and salt, and sprinkle over apples. Combine molasses and hot water. Pour over apples. Bake hot oven  $425^{\circ}$  25 minutes. Sift flour, baking powder and salt. Cut in shortening. Add milk, mix to soft dough. Knead lightly about 20 seconds. Roll dough in rectangle about  $\frac{1}{3}$  inch thick. Fit dough over cooked apple mixture. Prick top all over with fork. Bake hot oven  $425^{\circ}$  20 to 25 minutes.

### APPLE DUMPLINGS

Peel and quarter about 2 lb. sour apples, and drop into a rich syrup of 3 cups sugar and 1 cup hot water. Let simmer till soft, but unbroken. Have a batter ready of  $\frac{1}{3}$  cup sugar,  $\frac{1}{3}$  cup butter,  $\frac{3}{4}$  teaspoon salt, 1 beaten egg,  $1\frac{1}{8}$  cups sweet milk,  $2\frac{1}{4}$  cups flour,  $2\frac{1}{4}$  teaspoons baking powder. Cream butter, add sugar gradually, and egg. Sift flour and baking powder, adding alternately with the milk. Butter a good piedish and drop in spoonfuls of batter, alternately with spoonfuls of hot apples and syrup. Then pour remaining hot syrup over. Sprinkle with cinnamon, and bake in hot oven about half an hour. Delicious with crisp brown bits of paste risen through little rivers of syrup.

### APPLE DUMPLING PIE

Line pie plate with pastry about 4 inches larger than the pie plate. Leave edges overhanging and untrimmed. Blend together  $\frac{1}{4}$  cup butter,  $\frac{1}{3}$  cup sugar,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg, 2 teaspoons lemon juice. Mix with 8 cups thinly sliced cooking apples. Heap them in lined pie plate. Bring overhanging pastry over apples, folding where necessary. Should be 3 inch uncovered opening in centre. Bake hot oven 425 degrees till done. When cooked grated cheese may be sprinkled over.

### BAKED ROLY POLY

Eight oz. flour, 4 oz. butter, 2 teaspoons baking powder, pinch of salt. Make into a paste, roll out and spread with apricot jam. Roll up. Put into a dish and pour over the following syrup— $\frac{1}{2}$  cup sugar, 2 oz. butter,  $1\frac{1}{2}$  cups water. Bring to the boil and pour over the pudding. Bake for  $1\frac{1}{2}$  hours, moderate oven.

### BANANA PASTRY

Six oz. flour,  $3\frac{1}{2}$  oz. butter or substitute,  $\frac{1}{4}$  teaspoon baking powder, pinch salt, 1 oz. castor sugar, 1 mashed banana, very small egg yolk. Rub in butter, work in banana, and mix to pliable dough with egg yolk. Very nice for open tarts.

### BARLEY CUSTARD

Two tablespoons pearl barley, 1 tablespoon sugar, pint milk, pinch salt, about 2 doz. raisins or sultanas, 2 eggs. Wash barley well, cover with water, and soak overnight. Boil till tender. Have ready greased pie dish. Strain barley and put in. Beat eggs, add the milk and pour over. Stand in a dish of water, and cook slowly. Nutmeg on top, if liked. Serve with (or without) chocolate egg sauce.

### BREAD PUDDING

One lb. bread, or crusts, 2 oz. sugar, 2 oz. finely shredded suet, 1 or 2 eggs, fruit to taste. Soak the crusts or bread in water. Then squeeze dry, break with a fork, add the suet, sugar and fruit, a little spice to taste. Beat in the egg and mix. Bake in buttered piedish in oven about an hour.

### BANANA SHORTCAKE

Four oz. Vi-max, 2 oz. white flour, 2 oz. cornflour, 4 oz. butter, 1 egg, 1 dessertspoon sugar, 1 teaspoon baking powder, bananas, lemon juice and raspberry jam.

Rub butter into the sifted Vi-max, flour, cornflour and baking powder. Mix with beaten egg and sugar. Roll out half of paste, place on greased tray, and spread with sliced bananas, grated lemon rind and juice, and raspberry jam. Cover with remaining half of paste. Bake 30 minutes in a moderate oven. Sprinkle with icing sugar and cut while hot.

### BLACKBERRY COBBLER

Cook 3 cups of blackberries in 1 cup of water, with the juice of 1 lemon, and sugar to taste. When cold, put into a piedish, sprinkle with sugar and flour (about 2 tablespoons of each), and a dab of butter. Then cover with a good sheet of short pastry, or with crushed biscuits, or sponge cake crumbs, and dab with a little more butter, and cook in good oven for 20 to 30 minutes.

### BLACKBERRY SANDWICH (Farmhouse)

Half a pound of flour, good  $\frac{1}{2}$  teaspoon baking powder, pinch of salt, 2 oz. butter or cooking fat,  $\frac{1}{2}$  lb. blackberries, 1 egg, 2 oz. sugar, milk and water to mix. For filling: 1 oz. butter, 1 oz. brown sugar and mixed spice.

Mix flour, salt and baking powder and rub in fat. Mix in sugar and blackberries, beat egg, add, and then form into soft dough with milk and water. Bake in shallow greased baking tin in hot oven about 45 minutes. Turn out, split and spread with butter, sprinkle with brown sugar and spice. Put together again and serve at once.

### BLACKBERRY SURPRISE

Stew enough blackberries to almost fill a piedish. If they are the small seedy kind, it is nicer to pass them through a sieve after they are cooked. Cream together 2 oz. butter and 2 oz. sugar. Add 4 oz. flour and  $\frac{1}{2}$  teaspoon baking powder. Mix well together and sprinkle evenly over the top of the hot fruit and bake to a nice light brown. Serve with cream or custard.

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Use HANSELL'S JELLY CRYSTALS for best results

### BREADCRUMB CAKE (Dessert)

Two cups fine dry breadcrumbs, 1 cup sugar, 3 eggs,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon almond essence, 1 teaspoon vanilla essence. Beat eggs till very light, add sugar and beat well. Add remaining ingredients blended together. Place in buttered cake tin and bake in moderate oven  $350^{\circ}$  F. Or put in small cups and bake at  $375^{\circ}$  F. about 20 minutes.

### BREAD PUDDING

Two cups stale bread, 1 quart milk,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup raisins if liked, 2 eggs,  $\frac{1}{2}$  cup sugar, 1 teaspoon vanilla. Soak the bread in milk until soft, and mash fine. Heat together till nearly boiling. Beat the eggs until light, add to the sugar, salt and vanilla. When mixed, stir into bread and milk, pour into baking dish, and set in pan of hot water and bake 1 to  $1\frac{1}{2}$  hours at  $325^{\circ}$  F. To make it a spice pudding, add 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon nutmeg to the bread as it is soaking.

### BUTTERSCOTCH PIE

One cup brown sugar, 2 generous teaspoons flour, 1 cup milk, 2 tablespoons butter, 1 egg yolk, 1 egg white beaten well. Boil the sugar and butter together until soft. Beat the egg yolk well and add to the flour, then adding the milk. Beat this until very smooth. Mix this well into the sugar and butter, and cook until it thickens. Lemon or vanilla can be used as flavouring. Pour this into a pie pan lined with baked pie-crust. To the beaten egg white add 1 tablespoon sugar, spread over top of pie and brown in oven.

### BUTTERSCOTCH PIE (With Custard Powder)

Sift 4 oz. flour with a pinch of salt, rub in 3 oz. butter till mixture is like fine breadcrumbs. Mix with enough water to make a stiff paste. Roll out very thin and cover a tart plate. Prick centre and bake for 20 minutes in good oven. Make  $\frac{1}{2}$  pint custard with custard powder. Melt 1 tablespoon butter, add  $2\frac{1}{2}$  tablespoons sugar, heat till a rich caramel liquid, add to custard, stir well, and when cold put in baked shell. Whisk 2 egg whites and 4 tablespoons sugar till stiff. Pile on top and slightly brown in oven.

### BUTTERSCOTCH PIE (Beverley Hills)

A baked pie shell, 1 cup brown sugar, 2 heaped teaspoons butter, 2 tablespoons flour, 2 eggs—yolks and whites separate, 1 cup milk. Cream butter, sugar and flour together. Mix yolks of eggs together with milk, and bring to boiling point. Remove from fire, pour over the first mixture, and cook all until thick. Pour into previously baked pie crust. Beat the egg whites to meringue, put over the top, and brown in the oven.

### BUTTERSCOTCH ROLLS (a Dessert)

Two cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon icing sugar, 1 tablespoon butter, about  $\frac{3}{4}$  cup of milk. Sift flour, salt and rising twice. Stir in sugar; work in butter. Mix to soft dough with milk. Roll on floured board about  $\frac{1}{4}$  inch thick. Brush with melted butter. Moisten edges and roll into long roll. Cut into  $\frac{3}{4}$  inch slices. Line deep greased baking pan with 1 cup brown sugar creamed with 2 tablespoons butter and 1 tablespoon cold water. Lay rolls on this. Bake hot oven 20 to 25 minutes. Serve hot.

### BUTTERSCOTCH SPONGE

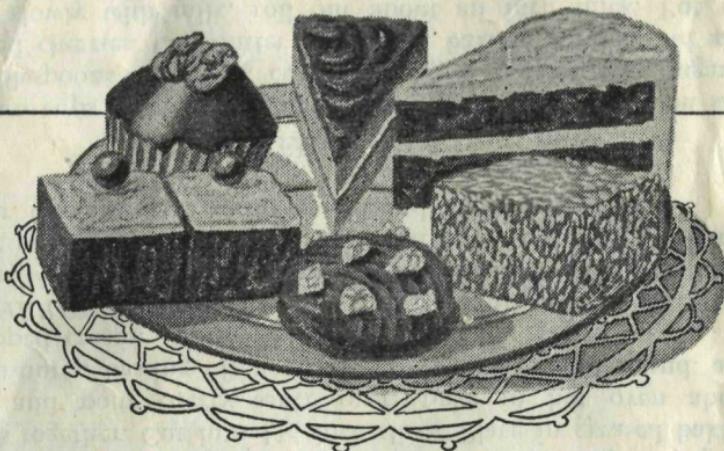
Three teaspoons gelatine, 2 tablespoons butter,  $\frac{1}{4}$  cup of hot water, pinch of salt, 1 cup brown sugar,  $1\frac{3}{4}$  cups hot milk, 3 eggs, few drops vanilla. Make a thick paste of butter and sugar, add hot milk, pour over the beaten yolks of eggs. Heat and beat until smooth like custard, do NOT boil. Leave until cold. Add gelatine dissolved in hot water, add essence. Beat whites of eggs and salt until stiff. Whisk into mixture. When it is beginning to set, pour into mould and cool off.

### CABINET PUDDING

Cut up or crumble stale sponge cake. Put in buttered pie-dish or basin, according to whether you are going to bake it or steam it. You can use stale fruit cake, instead of sponge, if you wish. If you use sponge cake, sprinkle with currants or sultanas. Make a custard with hot milk and beaten egg—1 egg to  $\frac{1}{2}$  pint of milk. Pour this over the cake. Leave to stand a little, then steam or bake.

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**BOURNVILLE COCOA**

IT'S CADBURY'S SO IT MUST BE GOOD!

### CARAMEL RHUBARB PUDDING

Mix together 3 tablespoons each of brown sugar and butter, spread this inside a pudding basin. Now line the basin with a good suet crust on top of the caramel. Half-fill with cut up rhubarb, sprinkle thickly with brown sugar, add the juice of half a lemon, then pile on more rhubarb till basin is full. Cover with a top crust, and either bake in hot oven, or cover with buttered paper and boil. Very nice.

### CHERRY ROLLS

One and a half cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 2 cups cooked red cherries, seeded and drained,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter, about  $\frac{1}{2}$  cup milk. Sift flour and baking powder and salt into basin. Cut in butter. Add milk gradually till soft dough is formed. Roll to  $\frac{1}{4}$  inch thick on floured board. Cover with cherries, sprinkle with sugar and dot with small pieces of butter. Moisten edges and roll into long roll, press edges together. Cut into  $1\frac{1}{2}$  inch slices. Place in greased baking pan and pour cherry sauce over. Bake in hot oven about 30 minutes, basting often. Serve with sauce poured round, and whipped cream.

*CHERRY SAUCE:* One cup sugar, 1 tablespoon flour, 1 cup cherry juice (in which cherries were cooked), 1 cup water, 1 tablespoon butter. Combine sugar and flour, add fruit juice and water. Cook and stir until smooth and thick. Add butter.

### CHERRY ROLL

Two cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 4 tablespoons butter,  $\frac{1}{2}$  cup milk, sugar to taste, ripe sugared stoned cherries. Cut butter into flour, baking powder and salt. Mix slowly with milk, roll out about an inch thick. Put the cherries over dough and roll up. Cook about 20 minutes in hot oven. Serve with cream.

### CHILDREN'S PUDDING

Two oz. rice, 2 oz. breadcrumbs, 2 oz. sugar, 2 oz. shredded suet, 1 egg, quart of milk, pinch salt, nutmeg. Boil the rice in milk until soft, add shredded suet and breadcrumbs, and beat in

the sugar and egg, salt and nutmeg, and add to the other mixture. Beat again. Bake in moderate oven till brown. Turn out and spread with a layer of jam or marmalade. Can be left in dish.

### CHOCOLATE PUDDING—BAKED (Boston)

Sounds queer but works out beautifully. One cup flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup milk, 2 tablespoons melted butter, 1 teaspoon vanilla, 1 oz. melted chocolate,  $\frac{1}{2}$  cup chopped nuts. Sift together flour, sugar, salt and baking powder. Add milk, butter, vanilla, chocolate and nuts. Pour into pie dish and top with:

Half a cup white sugar,  $\frac{1}{2}$  cup brown sugar, 2 rounded tablespoons cocoa, and 1 cup cold water. Mix together the sugar and cocoa, and spread over the mixture in the pan. Then pour the cold water over all, and bake about 40 minutes, oven about  $325^{\circ}$ . Serve hot or cold. Serves 8.

### CHOCOLATE CHIP COTTAGE PUDDING

Two cups flour,  $\frac{1}{2}$  teaspoon salt, 1 cup sugar,  $\frac{1}{2}$  teaspoon vanilla, 2 teaspoons baking powder, 3 tablespoons butter, 1 cup milk, 3 penny sticks chocolate. Sift flour, baking powder and salt. Cream butter, add sugar, and work, creaming well. Add sifted flour etc. alternately with the milk, beating smooth each time. Add vanilla. Put  $\frac{1}{3}$  batter in greased dish, grate over 1 stick of the chocolate. Put another third of the batter, grate another stick of the chocolate, put final third of batter, and grate over final stick of chocolate. Bake about  $\frac{3}{4}$  to 1 hour in moderate oven. Serve with sauce.

### CHOCOLATE CRUMB PIE (One Egg)

A rich pie crust, 1 cup breadcrumbs,  $2\frac{1}{2}$  cups milk,  $1\frac{1}{2}$  squares cooking chocolate,  $\frac{1}{2}$  cup castor sugar, 1 large egg,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla. Line pie plate with pastry. Scald bread with the milk and the chocolate. Beat together the sugar, egg, salt and vanilla. Add the milk mixture to this, and cool slightly. Pour into crust-lined plate, and bake in a hot oven  $400^{\circ}$  for 10 minutes, then reduce to moderate oven  $350-375^{\circ}$  until pie is brown on top and firm in centre when a sharp knife is inserted, about half an hour longer.

### CHOCOLATE CAP PUDDING

Half a pound flour, 6 oz. sugar, 1 oz. cocoa, 5 oz. shredded suet, 1 flat teaspoon baking soda,  $\frac{1}{4}$  pint milk (approx.), few seeded raisins. Grease basin and put raisins at bottom as a lining. Sieve flour and cocoa, stir in shredded suet, mix in sugar. Boil milk, take off fire, add soda and pour on. Mix, and boil 4 hours. Leave room in basin for rising. Comes out with little black cap of raisins.

### CHOCOLATE NUT PUDDING

Two ounces breadcrumbs, good 2 oz. flour, 1 dessertspoon cocoa or more, 2 oz. shredded suet, 1 level teaspoon baking powder, 2 oz. sultanas, 3 oz. chopped walnuts, 3 oz. sugar, 1 egg to mix, milk if necessary. Put the dry ingredients together, stir in the suet, the beaten egg and enough milk to mix. Steam in buttered basin  $1\frac{1}{2}$  to 2 hours.

### CHOCOLATE TRIFLE (Hot)

Four small sponge cakes (or pieces of sponge), 2 tablespoons milk, 1 tablespoon vanilla custard powder, 1 dessertspoon cocoa, 1 egg, 1 pint milk, 3 tablespoons sugar. Arrange sponge cakes in a dish, and pour over 2 tablespoons of milk. Mix custard powder and cocoa with a little milk to a smooth cream. Add 1 tablespoon sugar to the rest of milk and bring to the boil. Pour in the custard mixture, stirring all the time. After boiling for 5 minutes mix in the beaten egg yolk, beat well and pour over the sponge. Beat white of egg stiff with 2 tablespoons sugar, pile on top and bake for 20 minutes in a slow oven  $250^{\circ}$ . Serve hot.

### CHOCOLATE QUEEN PUDDING

Two eggs, 3 dessertspoons sugar, 1 pint milk,  $1\frac{1}{2}$  dessertspoons cocoa, 3 oz. breadcrumbs, vanilla, apricot jam, 2 tablespoons castor sugar. Mix cocoa with a little milk, and stir into the boiling milk. Boil 1 minute and let cool. Sprinkle sugar over breadcrumbs, beat the egg yolks and add to the milk and cocoa. Pour all over the breadcrumbs and leave to soak. Stir, and add vanilla. Bake slowly in pan of water. When cold, cover with meringue made of egg whites and castor sugar, and bake till brown. Spread the pudding with apricot jam before spreading the meringue.

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Use HANSELL'S TARTARIC ACID in your cooking

### **CHRISTMAS PUDDING (Old Southern U.S.A. Recipe)**

One cup hot milk, 1 cup stale breadcrumbs, 1 beaten egg, 1 cup sugar, 1 heaped cup flour, 1 cup butter and suet,  $\frac{1}{2}$  cup wine,  $\frac{1}{2}$  cup brandy, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  cup candied pineapple,  $\frac{1}{2}$  cup cherries, 1 cup dates, 1 cup figs,  $\frac{1}{2}$  cup almonds,  $\frac{1}{2}$  cup walnuts, 1 teaspoon allspice, 1 teaspoon cinnamon, 1 teaspoon baking powder, pinch salt. Chop fruit and nuts, and leave to soak for several hours, in wine and brandy. Pour hot milk over breadcrumbs. Add egg well beaten, sugar, finely chopped butter and suet. Sift flour, baking powder, salt and spices, and add to mixture. Now add fruit. Beat well. Steam in greased basin about 3 hours.

**SAUCE:** Add 2 cups sugar to 1 cup creamed butter, then 1 beaten egg. Beat well. Thin with brandy, or essence of brandy and water, or cream and vanilla.

### **CHRISTMAS PLUM PUDDING**

One and a half breakfast cups flour, 1 breakfast cup suet, 1 breakfast cup breadcrumbs, 1 cup raisins, 1 cup sultanas, 1 cup currants,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{4}$  lb. glace cherries, 1 teaspoon spice, 1 teaspoon baking soda, 1 small cup golden syrup,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{4}$  lb. almonds, 1 large egg or two small ones, cup of milk, wineglass of brandy, grated rind of 1 orange. Mix as for any plum pudding. Boil 4 or 5 hours.

### **CHRISTMAS PUDDING WITH SUET**

Ten ounces flour, saltspoon salt, 6 oz. brown sugar, 6 oz. finely chopped suet,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{4}$  lb. preserved peel, 2 oz. chopped figs,  $\frac{1}{4}$  lb. almonds, 1 teaspoon grated nutmeg, 5 eggs, 1 teaspoon baking powder. Mix ingredients together, place in strong pudding cloth, tie securely, plunge into plenty of boiling water, and boil 5 hours. Serve with brandy sauce.

### **CHRISTMAS PUDDING (Wholemeal)**

One cup wholemeal, 1 cup milk beaten with 1 egg, 1 cup wholemeal breadcrumbs, 1 cup fruit (or more), 1 cup shredded suet, salt, 1 cup brown sugar, essence or spice. Mix all together. Add 1 small teaspoon soda dissolved in little boiling water last. Steam 3 hours in basin.

## CHRISTMAS PUDDING WITH BUTTER

Six ounces butter, 6 oz. brown sugar, 5 eggs, 2 oz. fine white breadcrumbs,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. currants,  $\frac{1}{4}$  lb. citron peel chopped finely,  $\frac{1}{4}$  lb. almonds, 1 teaspoon grated nutmeg, 1 gill brandy (optional), 1 teaspoon carbonate soda (small) dissolved in 1 tablespoon milk, saltspoon salt,  $\frac{1}{2}$  lb. flour. Cream together butter and sugar, followed by eggs, flour and fruit with carbonate of soda. Place in a greased basin, fill basin to the brim, cover with butter paper, and pudding cloth. Steam 4 hours.

## CHRISTMAS PUDDING (Family)

One large cup breadcrumbs,  $1\frac{1}{2}$  cups flour, 1 cup shredded suet,  $\frac{3}{4}$  teacup brown sugar, 1 lb. mixed fruit, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon spice, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon nutmeg, 1 teaspoon caramel essence. Mix all dry ingredients in a basin, add essences to a little milk (about quarter of a cup). Add 2 beaten eggs to the milk and flavouring, and mix all well together. Put into greased basin and steam for  $3\frac{1}{2}$  hours. Makes good large pudding.

## CHRISTMAS PUDDING (R.A.F.)

One cup grated raw potato, 1 cup grated raw carrot, 1 cup grated raw apple, 1 cup sugar, 1 cup shredded suet, 1 cup flour, 1 cup breadcrumbs, 1 cup currants, 1 cup sultanas, 1 cup raisins, a piece of peel, 1 teaspoon mixed spice, 2 tablespoons sago, 1 teaspoon carbonate of soda, 1 well beaten egg, 1 tablespoon brandy (optional), pinch salt, 1 teaspoon almond essence, milk to mix (or cold tea). Boil 4 hours or longer.

## COFFEE PANCAKES

One egg, 1 dessertspoon coffee essence,  $\frac{1}{2}$  pint milk, 4 oz. flour, 1 teaspoon baking soda. Beat the egg with coffee essence, stir in flour and add soda dissolved in half the milk. Beat for 5 minutes. Add remainder of milk, beat again, put aside for 15 minutes. Heat a little butter in frying pan, when thin blue smoke rises pour in thin layer of batter. Fry golden brown on both sides, drain on soft paper, sprinkle with sugar, roll up and serve very hot.

### COCONUT SPONGE PUDDING

Two ounces flour, 2 oz. butter, 1 egg, 1 teaspoon baking powder, 2 oz. cornflour, 1 tablespoon milk, 2 oz. sugar, coconut and jam. Beat butter and sugar to a cream, sift and add dry ingredients with 1 oz. coconut. Beat egg with milk and mix in gradually, beating all the time. Pour into well buttered pie dish and bake in a medium oven for 15 minutes or until cooked. Test with a knitting needle. Heat some nice jam (raspberry or strawberry) about 2 tablespoonsfuls, and brush over pudding, then sprinkle over with coconut. Place a few pieces of cherries and almonds on top and serve. Sometimes for a change you could make some chocolate icing and spread on in place of jam, and then sprinkle with coconut. When cold can be eaten as cake.

### COFFEE SPICE PUDDING

Four ounces dripping, 1 teaspoon baking powder, 1 teacup breadcrumbs,  $\frac{1}{2}$  cup strong coffee, 1 cup flour, 1 teaspoon spice, 1 cup sugar. Rub dripping into flour, baking powder and spice sifted together. Add 1 teacup breadcrumbs, 1 cup sugar, and coffee. Mix to a soft dough, adding more water if necessary. Put 2 tablespoons golden syrup at bottom of basin, put in 1 cup dates and walnuts mixed. Add mixture, cover with greaseproof paper and steam about 2 hours.

### CREPE SUZETTES

Four eggs, 3 tablespoons milk, 1 tablespoon water, 3 tablespoons flour, pinch salt, 1 teaspoon ground almonds, pinch ground nutmeg. Stir ingredients smoothly to the consistency of thick olive oil, or until it will pour back silently and smoothly from a foot or more above the mixing bowl. Heat in smallish frying pan 1 tablespoon butter. When it bubbles, pour in enough paste to cover the bottom of the pan. Move pan to spread paste thinly and keep it moving. After 1 minute, turn the pancake upside down, then turn it again and again till it is nicely browned. Spread with strawberry jam. Fold circle in half and again to form a triangle. Half pony glass of curacao and half pony glass of brandy to be poured over.

### CUSTARD (Boiled)

One egg, 1 breakfast cup milk, 1 teaspoon sugar, essence or nutmeg to taste. Heat milk. Beat egg and sugar, and when milk is hot, pour slowly on to beaten egg. Return to saucepan and stir until it thickens slightly. Do not let it boil. Lastly add essence to taste, or grated nutmeg. Best to use double saucepan.

### CRUMB CUSTARD

Take crusts off thick slice of stale bread—about  $\frac{1}{2}$  inch thick—and put in pie dish. Bring to the boil 1 pint milk, dissolve 1 dessertspoon golden syrup in it, pour on bread, and leave to dissolve. Beat up 2 eggs with 1 tablespoon sugar, pour on, and fold in. Sprinkle with nutmeg. Bake gently. Or, when cooked, spread with strawberry or apricot conserve, put meringue on top, and brown in oven.

### CUP PUDDINGS

One-third cup butter, 1 cup sugar or little less, 2 eggs,  $\frac{1}{2}$  teaspoon lemon flavouring,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup milk, stewed fruit or berries. Cream butter and sugar, add beaten egg, flour and baking powder alternately with milk and flavouring. Butter some cups, put about 2 tablespoons sliced peaches or other fruit at the bottom, then fill  $2/3$  full with the batter. Bake in oven, standing in a dish of water, about  $\frac{1}{2}$  hour. Turn out, serve hot with cream or custard sauce.

### CUSTARD TART

Two ounces butter rubbed lightly into 4 oz. flour, 2 oz. corn-flour. Add 2 oz. sugar,  $\frac{1}{2}$  teaspoon bicarbonate of soda, and  $\frac{3}{4}$  teaspoon cream of tartar (or 1 teaspoon baking powder). Mix to a stiff dough with 1 egg well beaten, and roll out. Line sandwich or oblong tins with this crust. Make custard of 2 breakfast cups hot milk, 2 eggs beaten with 2 tablespoons sugar. Pour on to crust immediately before baking. Quick oven at first, then slow down. Cook on hot scone tray or shelf. An alternative custard is made with 2 eggs, sugar to taste, and  $\frac{1}{2}$  cup cream, with nutmeg sprinkled on top.

### **COLONIAL TART (Saturday Special)**

Line a plate with pastry, spread thinly with raspberry or apricot jam. Spread with the following—2 oz. butter, 4 oz. sugar, beaten together. Drop in an egg, grated rind and juice of a lemon, 1 big grated apple, and mix well. Bake.

### **DATE PIES (Boston)**

**PASTRY:** Quarter pound butter, 1 cup flour, 2 tablespoons fine sugar, pinch salt, vanilla. Mix together, then line very small cupcake pans with this pastry. Bake 8 to 10 minutes in 300° oven. Fill with

**DATE FILLING:** Two cups chopped dates, 2/3 cup sugar, 2/3 cup boiling water. Mix together and lastly add 1 tablespoon butter. Cook 6 to 8 minutes.

**FROSTING:** One cup brown sugar, 1/3 cup boiling water. Let boil as for boiled frosting. When done, add a lump of butter and beat till creamy. Put a dab on each pie.

### **DUTCH APPLE PUDDING**

Half pound flour, 1 tablespoon sugar, 2 oz. butter, 2/3 cup cold water, 2 teaspoons cinnamon, 1 teaspoon baking powder, pinch salt, 1 egg, 4 oz. light brown sugar, 4 large apples. Sift dry ingredients and rub in the butter, make into a soft dough with the well beaten egg and water. Spread this into a shallow greased tin. Cut the apples into eighths after peeling and coring; press closely together into the dough, sprinkle with the brown sugar and cinnamon, put dabs of butter on top. Bake about 1/2 to 3/4 hour.

### **DUTCH APPLE TART**

Make a pastry by sifting together 2 cups flour, 1 teaspoon baking powder, pinch salt. Rub in 1/3 cup butter or fat and mix with milk to a dough. Line a well-greased tin about 8 inches square. Peel and core 3 large cooking apples. Cut into lengths, arrange on top of pastry and bake in hot oven about 30 minutes. Have ready creamed together 1/4 cup butter, 1/2 cup honey, 1/2 teaspoon nutmeg, 1 teaspoon cinnamon and spread this on top of the apples. Reduce the heat and continue baking for another 15 minutes. Serve with cream.

### EASY PUDDING

Cooked in basin it is mixed in. Half cup chopped dates,  $\frac{1}{2}$  cup chopped sultanas or peel, or anything liked, 1 teaspoon baking powder, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon soda,  $\frac{1}{2}$  cup boiling water, 1 cup flour. Put fruit in basin, add butter, sugar and boiling water. Sift in flour, soda etc. Mix all together. Cover with butter paper, and do not tie down. Cook in same basin  $1\frac{1}{2}$  hours.

### EMERGENCY PUDDING

One breakfast cup flour,  $\frac{1}{2}$  breakfast cup sugar,  $\frac{1}{2}$  breakfast cup dates, 1 teacup milk, 1 tablespoon butter, 1 teaspoon baking soda dissolved in  $\frac{1}{2}$  teacup cold milk. Mix, flour, sugar and dates. Dissolve soda in milk. Put the teacup of milk on to boil and then drop in the butter. When melted pour slowly over the dry ingredients and add soda and milk. Steam 2 hours.

### FIG PUDDING

Four ounces flour, 4 oz. shredded suet, 4 oz. breadcrumbs, 4 oz. sugar,  $\frac{3}{4}$  lb. figs, 1 large apple, 1 teaspoon baking powder, milk to mix. Chop up figs and apple small. Mix as usual, and moisten with milk. Steam  $2\frac{1}{2}$  hours.

### FRUIT BATTER PUDDING

Core, peel and cut in quarters apples, or any seasonable fruit. Make a syrup of  $1\frac{1}{2}$  cups water, 2 cups sugar, 1 teaspoon of either mixed spice, ground cloves or cinnamon, and  $\frac{1}{4}$  teaspoon salt. Bring to boil and drop in fruit, cook carefully, keeping fruit whole. Make batter of 1 beaten egg,  $\frac{1}{2}$  cup milk, 1 cup flour, 1 tablespoon melted butter, and mix well. Add 1 teaspoon baking powder—no sugar. Melt a piece of butter in a piedish, and put in oven to heat. Cover bottom of dish with some batter, put on the hot fruit in heaps. Pour rest of batter round fruit, pour on that the remaining syrup, and bake. Serve with top milk or cream.

### FOUNDATION PUDDING (Steamed)

Two ounces butter, 2 tablespoons sugar, 6 oz. flour, with one good teaspoon baking powder sifted with it. A pinch of salt, 1 egg, about 2 tablespoons of milk. Cream butter and sugar, add flour etc. then mix in egg and milk. Steam for  $1\frac{1}{2}$  hours to 2 hours, in buttered basin. Serve with sweet sauce.

## VARIATIONS

**RASPBERRY PUDDING:** Add 1 teaspoon raspberry flavouring to creamed butter and sugar, and put a tablespoon of raspberry jam at bottom of basin. Or use strawberry essence and jam, or apricot.

**CHOCOLATE PUDDING:** Sift 1 tablespoon cocoa with the flour and add 1 teaspoon vanilla essence to creamed butter and sugar, and an extra dessertspoon milk.

**COFFEE PUDDING:** Add 1 tablespoon coffee essence to creamed butter and sugar, and use only  $1\frac{1}{2}$  tablespoons milk.

**SPICE PUDDING:** Add 1 dessertspoon mixed spice to sifted flour and sprinkle a tablespoon of chopped walnuts over bottom of basin.

## GINGER PUDDING

Two ounces breadcrumbs, 2 oz. flour, 2 oz. shredded suet, 2 oz. preserved ginger or to taste, 2 oz. sultanas, 4 oz. golden syrup,  $\frac{1}{2}$  teaspoon ground ginger, spice if liked, small level teaspoon baking powder, 1 egg, milk to mix. Mix as usual—warm syrup and add to dry ingredients. Boil at least three hours.

## GOATHLAND TREACLE TART (Yorkshire)

Line a deep pie-plate with short pastry. For filling—1 breakfast cup dry breadcrumbs, 1 breakfast cup sultanas, currants and peel, 1 apple grated, peeled and cored, juice and grated rind 1 lemon, saltspoon spice, saltspoon ground ginger, 2 tablespoons treacle, 1 tablespoon sugar, 2 tablespoons milk. Mix well, put it over the pastry, cover with a top layer of pastry, brush over the top with milk, sprinkle with brown sugar, and bake about 40 minutes.

## GOOSEBERRY TART

Half cook short pastry shell in pie plate. Have ready 1 cup stewed gooseberries—whole—drain berries. Take  $\frac{1}{2}$  cup of the liquid, add  $\frac{1}{2}$  cup milk, bring to the boil. Stir in 1 teaspoon custard powder dissolved in a little milk or liquid. Cook and stir till smooth, adding sugar to taste. Cool slightly, beat in 1 egg. Place berries in the half-cooked shell, sprinkle with sugar, pour over the custard. Bake moderate oven about 20 minutes. Serve hot or cold.

### **GOLDEN HONEY PUDDING (Boiled)**

Six ounces breadcrumbs, 4 oz. flour, 4 oz. shredded suet,  $\frac{1}{4}$  lb. chopped dates, 1 egg, 2 tablespoons honey, 1 teaspoon baking soda dissolved in 1 cup milk. Grease basin and line with dates. Mix suet, flour and breadcrumbs, mix with egg, nuts and honey. Add soda and milk. Boil pudding in saucepan, put paper on top of basin and have water to come  $\frac{3}{4}$  way up.

### **GOLDEN APPLE ROLL (Baked)**

Six ounces flour, 3 oz. shredded suet,  $\frac{1}{2}$  teaspoon baking powder, pinch salt, cold water to mix. Sift the flour and salt and baking powder; add suet, mix well. Bind to firm dough with water, and roll out fairly thinly. Spread with apple puree, sweetened, and flavoured with clove or lemon flavouring. Leave a margin of pastry all round. Roll as for jam roll, press edges firmly together. Place in shallow greased tin, pour over following golden sauce, and bake in fairly quick oven about 40 minutes. Baste several times.

**GOLDEN SAUCE:** Dissolve  $\frac{1}{4}$  cup golden syrup in about  $\frac{3}{4}$  cup boiling water, adding a tablespoon of butter and a squeeze of lemon juice.

### **GOOSEBERRY APPLE PUDDING**

Peel and core 3 apples, put in pan with 1 cup topped and tailed gooseberries, and juice of 1 lemon. Add pinch salt, 1 cup water, and  $\frac{1}{2}$  cup sugar. When just on boiling add a pinch of bicarbonate of soda.

**SPONGE CRUST:** Beat 1 egg well, add  $\frac{1}{2}$  cup sugar. Beat well. Add 1 cup flour sifted with pinch salt and 1 teaspoon baking powder. Add enough milk to make thin batter. Pour on boiling hot fruit in pie dish. Bake hot oven about 20 minutes.

### **HARLEQUIN PUDDING**

Two ounces butter or shortening, 2 oz. sugar, 3 oz. flour, 1 small teaspoon baking powder, 1 oz. custard powder, 2 teaspoons cocoa, 2 tablespoons milk, 1 egg, few raisins or sultanas. Cream butter and sugar, beat in egg, sift in flour, baking powder and custard

powder. Mix with milk to right consistency. Place raisins at bottom of well-greased pudding basin, add half mixture. Mix cocoa with rest of mixture, adding a little more milk if too stiff, and put it on top of first half. Steam 1½ to 2 hours.

### HONEY APPLE DUMPLINGS

Two cups sifted flour, 1½ teaspoons baking powder, ½ teaspoon salt, ½ cup vegetable fat or butter etc. about 1/3 cup milk, 6 medium sized apples, peeled and cored, 1 tablespoon butter, 6 tablespoons honey, 1 tablespoon lemon juice, pinch salt. Sift flour, salt and baking powder. Cut in fat finely. Add milk and mix to soft dough. Roll dough into rectangle about 12" by 18". Cut into 6 squares. Put apple in each, fill centres with combined butter (1 tablespoon), honey, lemon juice and salt. Moisten edges of dough with cold water. Bring up corners of dough on top and press firmly together. Put in buttered pan. Pour honey sauce over dumplings and bake in hot oven 400° 30 to 35 minutes.

*HONEY SAUCE:* Three-quarters cup honey, 1½ cups water, 2 tablespoons butter, 2 tablespoons vegetable fat or shortening, ¼ teaspoon salt. Boil all together five minutes. Makes beautiful glaze on golden crust, and adds delicious flavour.

### JAM LAYER PUDDING

Ten ounces flour, 1½ teaspoons baking powder, ¼ teaspoon salt, 3 oz. shredded suet, cold water to mix, jam. Grease pudding basin and put 1 tablespoon jam at bottom. Sift flour, baking powder, and salt into a basin, add suet and mix to a light dough with the water. Roll out a small round of the pastry, and put it over the jam. Continue with layers of jam and pastry finishing with a layer of pastry. Cover with greased paper and steam 2 hours.

#### ALTERNATIVE FILLINGS:

1. Golden syrup, grated lemon rind and breadcrumbs.
2. Chopped dates, lemon juice and golden syrup.
3. Mincemeat.
4. Any surplus tinned or stewed fruit.

### JAM OR MINCEMEAT CIRCLES

Roll pie dough thin and cut in small circles. Place a spoonful of jam or mincemeat in centre. Wet edges, place another circle on top and press edges together. Crease three marks across top. Bake in hot oven 425° 10 to 15 minutes.

### KENRICK PUDDING

Quarter pound shredded suet,  $\frac{1}{2}$  lb. flour, 2 tablespoons sugar, pinch salt, 1 teaspoon soda, 2 tablespoons golden syrup,  $\frac{1}{2}$  lb. sultanas. Mix dry ingredients in bowl, boil  $\frac{1}{2}$  pint milk and pour on to syrup and soda, and add last. Steam in buttered basin 2 to 3 hours.

### LANCASHIRE RÖLY POLY

Make suet crust with 1 lb. flour, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. shredded suet, pinch salt, and water to mix. Roll out, cover with 2 grated apples, 2 tablespoons golden syrup, currants or sultanas, spices and grated lemon rind mixed together. Roll up, close edges, boil 2 hours in a scalded and floured cloth.

### LEMON PUDDING (Hot)

Beat together  $\frac{1}{2}$  cup sugar and 1 tablespoon butter. Now add in this order 2 tablespoons flour, pinch salt, rind and juice 1 lemon, 1 cup milk, yolks of 2 eggs, and lastly stir in the 2 stiffly beaten whites. Bake in buttered pie-dish standing in dish of hot water for about half an hour. Seems a strange mixture, but comes out with crust on top, and like lemon cheese underneath. Very delicious. Orange can be used instead of lemon.

### LEMON PUDDING (Boiled)

Line a basin with ordinary suet crust, put in a lemon (first wash thoroughly and cut off the ends so the juice can escape), and  $\frac{1}{4}$  cup sugar or more if liked sweet. Put pastry lid on as for any apple pudding, tie down and boil 2 hours. This is delicious as the pastry is flavoured all through with lemon.

### MIXED FRUIT PIE

Peel and slice peaches, and pears, and nectarines, remove stones. Cut plums in half, and remove stones. Cook with only a little water and sugar. Put in piedish, chicken juice with a little corn-flour, or sago. Cover with pastry when cool, and bake as usual.

### MARMALADE PUDDING

Four ounces flour, 2 oz. cornflour, 3 oz. butter, 1 teaspoon baking powder, 2 oz. sugar, 4 oz. cake crumbs, 2 tablespoons marmalade, 1 egg, little milk. Sift flour, cornflour and baking powder. Rub in butter, add marmalade, add egg, milk and other ingredients. Bake in greased dish, moderate oven, approximately 40 minutes. Serve with marmalade sauce.

### NORTH COUNTRY THREE DECKER TART

Line deep dish with short pastry. Cover with layer of finely chopped pink rhubarb, sprinkle with sugar, cover with a layer of pastry. Repeat twice. Make a hole in the centre. Put plenty of sugar. Good oven  $\frac{3}{4}$  to 1 hour. No water. Serve with cream or custard.

### ORANGE PUDDING

Bring to boil 1 pint water and 1 good big tablespoon butter. Beat up 2 egg yolks,  $1\frac{1}{2}$  tablespoons cornflour, grated rind and juice of 2 oranges, and  $\frac{1}{2}$  cup sugar, and add to boiling water and butter. Cook a little. See that there are no lumps at all. Fold in whites beaten stiff with 4 oz. castor sugar. Put into piedish. Bake lightly, slow oven till pale brown.

### ORCHARD PUDDING

Eight ounces flour, 1 teaspoon baking powder, 4 oz. shredded suet, pinch salt, cold milk to mix, apples, sugar, lemon juice,  $\frac{1}{2}$  cup water, 2 tablespoons red currant jelly, or strawberry jam, 2 tablespoons black currant jam. Mix flour, baking powder, shredded suet and salt to a stiff paste with milk. Roll out, cut three pieces the size of the basin. Grease basin, and put red currant jelly or strawberry jam at the bottom. Cover with a layer of pastry which will also reach three parts way up the basin. Fill to the top of this with the cut-up apples, sprinkle with sugar, a little lemon juice, and the  $\frac{1}{2}$  cup water. Cover this now with a layer of pastry, and on it spread the black currant jam. Cover this with a final round of paste. Put a piece of buttered paper over the top and steam the pudding for  $2\frac{1}{2}$  to 3 hours. Serve with cream or custard. This is really a self-contained apple pudding with a layer of red currant jelly or strawberry jam at the bottom, and another layer of black currant jam on top.

### ORANGE HOT CAKE (Pudding)

Four ounces flour,  $\frac{1}{4}$  lb. butter or other shortening, 2 beaten eggs, small teaspoon baking soda, pinch salt, 4 oz. wholemeal, 1 cup sugar, small teaspoon vanilla, 1 cup sour milk.

*NUT, ORANGE AND RAISIN MIXTURE:* One cup raisins,  $\frac{1}{2}$  cup walnuts, the rind of 1 orange peeled thinly. Combine and put through mincer finely. Beat fat and sugar to a cream, add eggs, nut mixture, then sour milk in which soda has been dissolved, alternately with flour. Turn into oblong pyrex dish, bake in moderate oven about 45 minutes. While very hot spread with 1 cup sugar mixed with the orange juice. Serve hot.

### PANCAKES (Good)

Put 3 oz. flour into a basin with  $\frac{1}{2}$  teaspoon salt. Mix gradually with  $\frac{1}{2}$  pint of milk working to a smooth paste, then add 3 eggs, well beaten. Have a frying pan hot, put in enough butter to grease the pan, pour in batter to well cover the bottom of the pan. Turn with a knife, or toss it when it is done underneath, and brown the other side. Turn it out on to a hot dish, sprinkle with sugar, and squeeze over a little lemon juice. Roll up, and serve at once, or it will be tough. The batter is better if it is stood several hours, and just before cooking add a little baking powder, about  $\frac{1}{4}$  teaspoon.

### PATRICK'S PUDDING

One cup flour, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 2 oz. butter,  $\frac{1}{2}$  cup sugar, 1 well beaten egg,  $\frac{1}{2}$  cup milk, grated rind 1 lemon. Sift flour and salt and baking powder. Cream butter and sugar well. Add egg and beat. Add lemon rind, then flour alternately with milk. Beat until smooth. Bake in shallow greased baking pan in moderate oven about 25 minutes. Serve hot with Fudge Sauce. Cut in squares.

*FUDGE SAUCE:* One cup sugar, 1 tablespoon butter,  $\frac{1}{2}$  cup milk, 2 tablespoons cocoa,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla. Mix together in saucepan sugar, butter, cocoa and salt. Stir in milk gradually. Stir over gentle heat until dissolved. Cook gently till thickened, and mixture sticks together when a little is dropped in cold water. Add vanilla, cool, then beat for 5 minutes. Serve at once.

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Use HANSELL'S FOOD COLOURINGS in your cooking

### PEACH RICE PUDDING

Peel, halve and stone the peaches. Place in baking dish, with cavities uppermost. Fill cavities with chopped nuts, sprinkle with cinnamon or grated nutmeg. Make rice custard with cup of cooked rice, half a cup of sugar, 2 eggs, and a large cup of milk, and pour custard over peaches. Bake about half an hour. Serve with cream.

### PEACH CAKE (a Sweet)

One and a half cups flour,  $\frac{3}{4}$  teaspoon salt, 1 well beaten egg,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{4}$  teaspoon almond essence,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  cup sugar, 3 tablespoons melted butter, 1 teaspoon vanilla essence. Mix beaten egg with melted butter. Add the milk. Combine the flour, salt and sugar, and stir in gently until the batter is smooth. Add the essence and stir. Spread in a sandwich tin. Arrange sliced tinned peaches on top, pressing slightly into the batter. Sprinkle with 3 teaspoons of sugar mixed with  $\frac{1}{2}$  teaspoon cinnamon. Bake moderate oven, and serve hot with cream or sauce.

### BAKED PEACH DUMPLINGS

Roll out good pie pastry  $\frac{1}{4}$  inch thick, cut into 6 inch squares. On each place half a canned or stewed peach (or mound of drained peach slices), a tablespoon sugar, dash of cinnamon, and dot of butter. Fold corners of pastry to middle, damp edges and pinch together. Put in buttered baking pan, pour over peach syrup heated with  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  teaspoon cinnamon. Bake hot oven  $450^\circ$  for 10 minutes, reduce heat to moderate  $350^\circ$ , bake about 20 minutes longer.

### PEACH PIE AND CHEESE

Stew some sliced peaches with sugar or honey so that they are in a nice syrup. While still hot thicken the syrup with cornflour mixed to a paste with a little peach juice and flavoured with cinnamon. Add a little sugar or honey to the cornflour. Line a shallow pie plate with pastry (flaky or short) and pour in the peaches. Dot with butter (if possible) and cover with a lattice-work of pastry strips. Bake in a hot oven ( $450^\circ$ ) for first 10 minutes, then lower heat to moderate ( $350^\circ$ ) and bake about 40 minutes longer. Serve hot with slices of sharp cheese.

### PEACHES (Baked Stuffed)

Put 4 soft peach halves, cut side up, in baking dish. Stone and chop  $\frac{3}{4}$  cup dates, add  $\frac{1}{4}$  cup chopped walnuts, a little sugar, 2 or 3 tablespoons melted butter. Fill cavities of peach halves, piling up in centre. Put 4 peach halves on top, making whole peaches. Sprinkle with brown sugar, surrounded with syrup from peaches. Bake moderate oven  $350^{\circ}$  about 20 minutes. Serve warm with cream.

### PEACH UPSIDE-DOWN CAKE

(Dessert from California)

Use either peach halves or slices—canned or stewed or raw if ripe enough. In pie dish or pyrex melt  $\frac{1}{4}$  cup butter. Spread  $\frac{3}{4}$  cup brown sugar over butter, and on that spread 2 to  $2\frac{1}{2}$  cups drained prepared peaches.

**BATTER:** One-third cup butter,  $\frac{3}{4}$  cup sugar, 2 eggs,  $\frac{1}{2}$  teaspoon vanilla,  $1\frac{1}{2}$  cups sifted flour,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  cup fresh milk. Cream butter and sugar until light. Beat in eggs and vanilla, then sifted flour and milk alternately. Pour batter over peaches, bake about 45 minutes or until cake shrinks from side of pan. Remove from oven, turn out on to serving platter. Cut in wedges, serve hot with cream. Gingerbread recipe may be used instead of plain cake.

### POTATO CHOCOLATE PUDDING

Eight ounces cooked mashed potato, 2 oz. ground rice,  $1\frac{1}{2}$  oz. butter, 1 tablespoon treacle, 1 tablespoon cocoa, 1 egg, 1 teaspoon baking powder, 2 tablespoons milk. Put potatoes and ground rice in a bowl, add cocoa, melted butter, treacle, egg and milk. Lastly add baking powder and mix well. Bake in moderate oven 45 minutes, or steam in basin  $1\frac{1}{2}$  hours. Serve with chocolate sauce.

### PLUM PUDDING—Cheap

One pound flour, 6 oz. sugar, 6 oz. shredded suet, pinch salt, 1 pint milk, 1 lb. raisins or mixed fruit, nuts if liked, 1 heaped tablespoon cocoa, 1 teaspoon baking soda. Mix dry ingredients, add fruit and suet. Boil milk, take off stove, stir in soda, and pour into centre of dry ingredients. Beat well together. Steam 4 hours in greased basin.

### PEAR TARTS

Line patty tins or small tart tins with short pastry. Peel five pears cut into eighths, and remove cores. Bring to the boil  $\frac{1}{4}$  cup vinegar,  $\frac{1}{3}$  cup water, 1 cup light brown sugar, 5 or 6 cloves,  $\frac{1}{4}$  teaspoon cinnamon, pinch allspice, 1 tablespoon diced preserved ginger. Add pears, simmer till tender. Remove cloves and pears. Stir in slowly 2 teaspoons cornflour moistened with water. Cook till thickened. Arrange pears in unbaked tart shells. Pour 1 tablespoon syrup into each. Lay strips of pastry across each tart. Bake hot oven about 15 minutes till brown.

### PENNSYLVANIA PUMPKIN PIE

Two cups cooked mashed pumpkin, 3 egg yolks, 1 cup dark brown sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon nutmeg, 3 egg whites, 1 teaspoon ginger,  $\frac{1}{8}$  teaspoon cloves,  $\frac{1}{8}$  teaspoon allspice, 1 teaspoon cinnamon, 3 cups scalded milk. Mix pumpkin, spices, salt, egg yolks, then add scalded milk. Fold in stiffly beaten egg whites. Pour mixture into a pie-dish lined with pastry, first brushing pastry with egg-white. Bake in  $450^{\circ}$  oven for 15 minutes, then  $350^{\circ}$  till baked. For flavouring, marmalade can be added in place of the spices, and the rind and juice of two lemons.

### PRUNE MERINGUE

Cook gently 1 lb. of prunes, remove stones and chop up. Add juice of  $\frac{1}{2}$  lemon. Prepare 1 large cupful of breadcrumbs. Butter a pie dish and fill it with alternate layers of prunes and breadcrumbs. Pour over  $\frac{1}{2}$  pint custard, put meringue on top. Bake 20 minutes.

### QUICK APPLE PUDDING

Stew the apples, and about twenty minutes before serving, put on top the following dough. Flatten it out, and cook for about 20 minutes. It always fluffs up and is never stodgy. Can be put on other fruit too. Half cup flour,  $\frac{1}{2}$  cup Vi-max. Rub in two tablespoons butter or good dripping, add 1 teaspoon baking powder and mix with milk to a soft dough. Do not lift the lid while cooking.

## PUDDING TONIGHT, CAKE TOMORROW (From a man)

Cream 1 oz. butter, 1 cup sugar, and 1 beaten egg. Add 1 cup flour sifted with 1 teaspoon baking powder. Add  $\frac{1}{2}$  cup sultanas, and milk to moisten. Bake  $\frac{1}{2}$  hour in buttered dish. Nice if more butter is added. Can be used as cake next day.

## PUMPKIN CUSTARD TART

**PASTRY:** Seven ounces flour, 1 oz. custard powder, 1 oz. icing sugar, 5 oz. butter or margarine, 1 tablespoon milk (about), pinch salt. Rub butter into flour etc. mix with milk, and roll out. Line pie plate. No baking powder.

**CUSTARD:** Two tablespoons butter,  $\frac{3}{4}$  cup sugar, 2 eggs, 1 cup milk or more,  $1\frac{1}{2}$  cups cold cooked sieved pumpkin, grated rind and juice of half a lemon, 1 teaspoon cinnamon. Cream butter and sugar, add pumpkin gradually, break in eggs and add milk. Pour into lined pie-plate. Stand pie-plate on hot scone tray, near the top. Have hot oven at first, then reduce heat or put tart lower down. Should take about 30 to 40 minutes. Pastry may be brushed over with white of egg before putting custard.

## RAISIN AND LEMON PIE (Welsh)

Eight ounces castor sugar, 2 cups sultanas, grated rind and juice 1 lemon, 2 tablespoons butter, 1 tablespoon flour,  $\frac{1}{2}$  pint water. Put in saucepan and cook together till creamy. Cool. Line a plate with pastry, spread the cooled mixture thickly over it, and cover with pastry. Bake about half an hour.

## RAISIN PIE (Canadian)

Simmer for 10 minutes 1 packet of seeded raisins, 2 breakfast cups water, and  $\frac{3}{4}$  cup of sugar. Thicken with a good dessert-spoon of cornflour mixed with a little cold water. Let it cool. Line two pie plates with pastry and spread the filling over. Put more pastry on top, and bake in a fairly hot oven until brown, perhaps 20 minutes. The juice of a lemon may be added to the filling.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### RASPBERRY AND NUT SOUFFLE

Put 1 lb. raspberries in a buttered pie dish. Beat up 2 egg yolks, add 2 tablespoons castor sugar, 2 tablespoons finely chopped mixed nuts, and 1 cup very fine breadcrumbs. Add a mixture of  $\frac{1}{4}$  cup cream, 2 tablespoons milk, and 1 tablespoon melted butter. Stir in, mixing well. Then fold in the 2 stiffly beaten egg whites. Spread this mixture over the raspberries. Cook moderate oven,  $\frac{1}{2}$  hour. Serve with sprinkling of icing sugar.

### RHUBARB AND BANANA BETTY

Two cups stale bread cut into small cubes, 4 tablespoons butter, 2 sliced bananas, 3 cups cut-up rhubarb, 1 cup brown sugar, good pinch cinnamon. Lightly fry cubes of bread in butter until light brown. Put in layers in buttered dish; rhubarb, sprinkle of sugar and cinnamon, sliced bananas, bread cubes. Repeat, finishing with bread. Sprinkle top with mixture of 1 tablespoon orange juice, 1 tablespoon lemon juice, 2 tablespoons water. Bake in moderate oven  $\frac{3}{4}$  hour. Eat hot or cold.

### RHUBARB CRISP

Butter a pie dish thickly and sprinkle with sugar and coat with a thick layer of crисped flakes. Put in a good layer of stewed, sweetened rhubarb, cover with more flakes, and sugar. Dot with butter, and bake for 20 minutes. This is nice with chocolate sauce, and is delicious cold.

### NEW RHUBARB PIE

Stew a pound of rhubarb with water, to a pulp, sweeten and add grated rind of a lemon, a cup of breadcrumbs, an oz. of butter and the beaten yolks of 2 or 3 eggs. Mix well. Pour this mixture into a baked pie shell, and bake in a hot oven. Whip the egg whites to a stiff froth with a tablespoon sugar and spread this meringue on top of pie when cooked. Return to oven for a few minutes to set, and brown lightly. Some people prefer to use an unbaked pie shell; if this is done, see that the pastry is very thin, so that it cooks quickly.

### RHUBARB SWEET

Stew 1 lb. rhubarb with water to a pulp, sweeten and add grated rind of 1 lemon and yolks of 3 eggs well beaten, 1 cup

breadcrumbs, 1 oz. butter. Grease and line a piedish with pastry, pour mixture in, and bake in hot oven. Whisk whites of eggs to stiff froth with a tablespoon of sugar. Spread on top of pie and return to oven to set.

### RICE PANCAKES

Two ounces cooked rice, 2 eggs, 1 pint milk, 4 oz. flour. Put flour into basin, drop in the eggs, mix well, add the milk gradually and the rice. Heat about 2 oz. butter in a frying pan, drop in the batter in tablespoons. Fry a golden brown. Put on brown paper to drain. Pile on dish and sprinkle with sugar. Essence of lemon may be added to the batter.

### SAGO CREAM

Boil together in a double saucepan 3 level tablespoons of sago, 2 level tablespoons sugar, and a pint of milk, stirring occasionally. Beat up the yolks of two eggs, add a little of the hot sago to them, stir, then pour back into the cooked sago. Now pour into buttered pie-dish, and stir in the stiffly beaten egg whites. Bake in medium oven till set, and brown.

### SAGO PUDDING

Soak 1 cup sago in  $1\frac{1}{4}$  cups milk, and leave overnight. Add 1 cup sugar, 1 cup breadcrumbs, 1 cup raisins, piece of butter the size of an egg (melt the butter), and  $\frac{1}{2}$  teaspoon baking soda. Mix all together, and steam 3 hours.

### SARATOGA PUDDING

One quart milk, 3 tablespoons sugar, pinch of salt, 1 tablespoon flour, 3 eggs, flavouring. Heat the milk nearly to the boiling point; put flour and sugar into a pudding dish, and add eggs one at a time, beating smoothly. Pour slowly over this mixture the hot milk, stirring all the time. Put immediately into moderate oven, when it will set in a few minutes.

### SAWDUST PUDDING

Stew some apples in a very little water, flavour with sugar, and add a lump of butter and a little cinnamon. Melt about 2 oz. butter, stir in 2 cups dried breadcrumbs, and brown them a

little. Put in buttered casserole a layer of breadcrumbs, fill dish with alternate layers of breadcrumbs and apples, finishing with crumbs. Bake moderate oven about 20 minutes.

### SOUTHERN PUMPKIN PIE (Boston)

Three eggs, 1 teaspoon ground cinnamon, 1 large cup rich milk, dash of nutmeg,  $\frac{1}{2}$  teaspoon vanilla, 1 tablespoon dark molasses,  $\frac{3}{4}$  cup sugar, salt to taste,  $\frac{1}{4}$  teaspoon ground ginger, 1 large cup pumpkin, cooked, mashed and sieved. Break eggs into a large bowl, add sugar, salt and molasses. Beat well. Add spices to pumpkin and mix smooth. Then add to mixture and stir well. Add milk and when all is well mixed, add vanilla. Taste mixture, and adjust accordingly. Ginger gives the real flavour, salt counteracts the sweetness and the molasses gives the rich dark colour. Bake in one crust in hot oven at first, then slowly till pumpkin filling is nearly firm. It is in a pie-plate like custard tart. With this pie serve a rich cheese.

### SPECIAL SUET PUDDING (Good for Invalids)

Four ounces fine flour, 1 oz. bread or sponge cake crumbs or mixed,  $1\frac{1}{2}$  oz. shredded suet, 1 egg, fruit juice, cold water. Sift flour, add crumbs and shredded suet. Beat the egg yolk with  $1/3$  of a pint of water and the strained juice of  $\frac{1}{2}$  lemon or orange—about a tablespoon or more. Add the flour, mix well, then fold in the white of the egg beaten to a firm froth. Well grease a basin, and three parts fill with the mixture. Twist greased paper over, and steam for  $2\frac{1}{2}$  hours. Serve with jam, jelly, honey, sugar, syrup etc. to taste. No sugar being used in the pudding, plenty of variety in the matter of adjuncts is easily obtained. Wine or brandy may replace the fruit juice.

### STRAWBERRY PIE

Line large pie plate with thinly rolled short crust. Brush over with melted butter. Fill with fruit filling—made thus: Wash and hull 2 cups strawberries. Mix  $\frac{1}{2}$  cup sugar and 2 tablespoons flour and add to fruit. Add 2 teaspoons lemon juice. Place in prepared plate. Cover with pastry top, slash for steam to escape. Bake hot oven 10 minutes, then moderate oven 20 minutes longer.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### SPICED PRUNE PUFF

Wash 2 cups prunes and soak overnight in 2 cups water. Next day stew gently with  $\frac{3}{4}$  cup sugar, a little cinnamon, a few cloves, and the rind of  $\frac{1}{2}$  a lemon. When tender, about  $\frac{1}{2}$  to 1 hour, pour into dish.

**PUFF TOP:** One cup flour, 1 dessertspoon cinnamon,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{3}$  cup butter or dripping,  $\frac{1}{2}$  cup sugar, 1 egg, about  $\frac{1}{2}$  cup milk. Cream butter and sugar, add beaten egg. Sift in lightly the flour, baking powder and cinnamon. Lastly add enough milk to make mixture that will drop from spoon: Spread over prunes, bake moderate oven about  $\frac{1}{2}$  hour. While still hot, spread with mixture of  $\frac{1}{2}$  teaspoon each of sugar, butter, cinnamon and flour. Serve hot or cold.

### SPONGE CRUST (No Butter)

Beat an egg well, add  $\frac{1}{2}$  cup sugar, beat well. Add 1 cup flour, pinch salt, and 1 teaspoon baking powder. Enough milk to make a thin batter. Pour on hot fruit. Hot oven about 20 minutes.

### SPONGE CRUST (With Butter)

One egg, pinch salt, 1 oz. butter, 1 breakfast cup flour, 1 teacup or less sugar, 3 tablespoons milk (or more), vanilla if liked. Beat egg and sugar, melt butter with milk and add. Sift in flour etc. Pour over hot fruit. Hot oven, about 20 minutes.

### SPONGE CRUST FOR BLACKBERRY PIE

Cream together 2 oz. butter and  $\frac{1}{2}$  cup sugar. Add 2 eggs, 1 large cup flour, and 1 teaspoon baking powder. Lastly 2 or 3 tablespoons boiling water. Put on hot fruit and bake.

### SUSSEX PUDDLE

Line a pudding basin with a suet crust, using Shreddo, and leaving enough to cover the top. Take a large lemon and prick well all over. Cover thickly with butter, and place in the lined basin. Completely cover the lemon with sugar (1 to 2 cups). Put on lid of pastry. Tie greaseproof paper over all and tie down. Steam 2 hours.

### SUET DUMPS

Two cups flour, 2 small teaspoons baking powder, pinch salt, 1 cup finely shredded suet. Mix to a paste with water, and make into little balls. Boil 1 cup golden syrup,  $\frac{1}{2}$  cup sugar, 2 cups boiling water, rind and juice of 2 or 3 lemons, and pop in the little balls. Keep boiling for 20 minutes. Serve with the liquid.

### SUET JAM PUDDING

Make suet dough with  $\frac{1}{2}$  lb. flour, 1 teaspoon baking powder, 4 oz. shredded suet. Roll out, line greased basin with about half of it. Put layer of black currant jam in bottom. Cover with round of dough, repeat till basin is full. Finish with lid of dough, press together, put butter paper on top, and steam at least 3 hours.

### SUGARLESS PUDDING

Three cups flour, 1 cup of jam or syrup,  $\frac{3}{4}$  cup shredded suet, 1 small cup of milk, 1 teaspoon baking soda, pinch salt. Sift flour, soda and salt. Rub in suet, then mix with jam or syrup and milk. Steam 3 hours.

### TOFFEE APPLE PUDDING

Half a pound of flour, 5 oz. shredded suet, 1 teaspoon baking powder, pinch of salt, water to mix to a light dough. Roll out thin. For the toffee, mix together 2 oz. butter and 2 oz. brown sugar, and cover carefully the bottom and sides of a pie dish. Then line the dish with half of the thinly rolled suet crust, and pile in plenty of sliced apples. Sprinkle with brown sugar—about 6 teaspoonfuls. Cover over with the remaining crust, and bake in a hot oven—about  $1\frac{1}{4}$  hours, or till done. This pudding may be served from the pie dish, or turned out on to a separate dish, when the rich toffee sauce will be seen to cover it.

### TREE TOMATO PUDDING

Allow 1 lb. tree tomatoes (skinned) to 2 lbs. cooking apples peeled and cut up. Line buttered pie-dish with breadcrumbs, add layers of apples, tree tomatoes, sugar, breadcrumbs and dabs of butter till all used. Lay apple peels on top, but remove just before serving and brown top. Bake in oven.

### TENTERDEN APPLE PIE

One and a half pound cooking apples, cloves,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. cheese, short pastry. Peel, core and cut the apples into thick slices. Place a layer in a pie dish. Sprinkle on tablespoon of sugar, then add the remainder of the fruit and sugar, and the cloves. Pour in  $\frac{1}{2}$  a teacupful of water. Cut the cheese in thin slices and cover the apples before putting on the upper crust. Sprinkle with the merest suggestion of pepper, and a little nutmeg and  $\frac{1}{2}$  teaspoon castor sugar. Roll out the pastry, line the edge of the pie dish with a strip of pastry, put on the pastry cover. Press the edges together, raise them slightly with a knife, sprinkle on a little castor sugar, and bake in a good oven 40 to 50 minutes.

### WELL PUDDING (Kentish)

One pound flour, salt, 4 oz. suet, 6 oz. butter,  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. currants, 3 oz. sugar. Make flour, suet, currants and salt into a smooth paste with little water. Roll out  $\frac{1}{3}$  of it. Make a ball of the butter and sugar, and wrap pastry round it to make a dumpling, pinching well to keep butter in. Roll out rest of pastry, and cover dumpling again, to make sure butter cannot escape. Boil or steam in buttered pudding basin about  $2\frac{1}{2}$  hours, or in cloth lined with butter paper if preferred. When serving pudding, it should have a well or pond of butter in the middle. Cut a piece out of the top, and then cut the pudding round, not down. A little rising may be added.

### WHOLEMEAL PASTRY (Hints)

Sift fine wholemeal through vegetable sieve, meant for babies' vegetables. Use soft, good, beef dripping (butter makes it hard to handle) in the proportion of 5 oz. fat to 8 oz. flour, and 1 teaspoon baking powder. Add 1 teaspoon lemon juice to mixing water, and don't make it too wet. Roll thinner than white pastry. If liked, put 1 tablespoon white flour to 1 breakfast cup wholemeal to bind it, and an egg if plentiful. Have oven at good heat, and reduce later if needed to "dry out" the pastry. Don't use sloppy fillings—raisins, brown sugar, cinnamon, lemon juice and knobs of butter make a lovely filling for wholemeal fruit squares.

### WEST INDIAN PUDDING

Mash 3 or 4 bananas with 2 tablespoons sugar and the juice of a lemon. Grease a pie dish, put in a layer of banana, then a layer of breadcrumbs. Continue layers till the banana is used up. Finish with layer of breadcrumbs. Sprinkle over a little cinnamon if liked and dot with butter or suet.

### YALE TART

Puff pastry,  $\frac{1}{4}$  lb. sugar ( $\frac{1}{2}$  breakfast cup), 1 egg, 4 oz. coconut,  $\frac{1}{4}$  teaspoon vanilla, apricot jam, 2 tablespoons water, 1 teaspoon baking powder, 1 oz. butter. Line a pie plate or sandwich tin with the pastry, and brush with egg white. Spread with apricot jam. Boil sugar, water and butter. Cool and add coconut and egg. Beat well. Lastly stir in baking powder and vanilla essence. Pour mixture into lined plate, and bake till golden brown.

### YORKSHIRE PUDDING (No Eggs)

Two cups flour, 2 heaped teaspoons of cake powder,  $\frac{1}{2}$  teaspoon salt. Sieve together. Beat up with milk to a batter. Grease a tin or small saucers, pour in mixture. Bake 20 to 30 minutes. Have tin hot.

### YORKSHIRE PUDDING

Two eggs, 1 cup flour, salt to taste, milk. Put flour and salt into a basin, make a hole in the middle, and pour in a little milk. Break in the two eggs, beat to a smooth batter, then add 2 tablespoons cold water. Beat again a minute or two. Grease a meat tin and pour in the mixture; or pour into small greased saucers or tiny dishes. Bake 20 to 30 minutes. Have the greased dishes very hot—makes pudding light.

### SWEETS (CORD)

## SWEETS (COLD)

### ANGEL CREAM

One pint fresh milk,  $\frac{1}{2}$  cup sugar, 3 heaped teaspoons cornflour, 2 eggs (whites only). Dissolve cornflour in a little milk, and stir it smoothly into the boiling milk and sugar, until it thickens. Add flavouring. After cooling a little, stir in the whipped whites of egg, and put into a mould to set.

### ANGEL'S FOOD

One quart cold milk, 1 oz. gelatine. Dissolve gelatine in a little of the milk, and add to the rest. When thoroughly dissolved add 3 well beaten egg yolks, 1 cup sugar, and juice of 1 lemon. Let all come to the boil, stir. Let cool, and when nearly cold stir in gently the stiffly beaten egg whites. Add flavouring to taste, and let set.

### APPLE FOAM

Stew four apples in 1 pint of water and sugar to taste. Set 1 red jelly (red currant, cherry etc.) with the juice drained off the apples and made up to amount stated on packet. When jelly is about half set stir in the apples and 1 egg white stiffly beaten, and whip all together, and finally put in glass dish to set. Lovely for kiddies. Is much improved when covered with whipped cream, sliced bananas and grated chocolate.

### APPLE FRUIT JUICE PUDDING

Two and a half tablespoons cornflour,  $\frac{1}{4}$  teaspoon salt,  $\frac{3}{4}$  cup sugar, 1 cup cold water, 3 cups sieved stewed apples,  $\frac{1}{2}$  cup fruit juice—grape, pineapple, apricot or plum etc.,  $1/3$  cup chopped nuts. Mix cornflour, salt and sugar. Add cold water, and stir till well blended. Heat apple puree. Pour cornflour mixture into it, cook and stir for three minutes. Add fruit juice, and when boiling again, stir in the nuts. Pour into individual dishes and chill. Serve with shredded sweetened orange pulp and juice.

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Use HANSELL'S ESSENCES in your cooking

### APPLES IN JELLY

Six apples, 2 cups water, sugar, 1 lemon, 1 packet jelly crystals. Peel and core apples. Fill centre with sifted sugar. Arrange in pie-dish, add more sugar, lemon juice and water. Bake with cover on. When apples are cooked but not broken, remove to glass dish, and make up jelly with the liquid, adding hot water if required. Pour this over apples and leave to set. Serve with whipped cream.

### APRICOT MERINGUE

Stew 2 lb. apricots, and pour off syrup. Beat the apricots to pulp, put in casserole. Crumble up about 8 oz. stale sponge cake. Saturate this with the syrup. Put on top of apricots. Make meringue with 2 egg whites, and sugar, put on top and brown in a cool oven.

### APRICOT DELIGHT

In bottom of glass dish put a small sponge. Make an apricot jelly, and when not too hot pour over the sponge. Let set. When almost set, put on some tinned apricots, rounded side up. Leave out one piece of apricot for decorating. Have ready 1 pint of custard, made with custard powder, using the juice from the tin of apricots, made up to 1 pint with water. Add a dab of butter. No milk. Pour that over the apricots and jelly and let it set. Have ready made a pink meringue the size of the dish. Lay it on top, and decorate with whipped cream, and little wedges of apricot.

### ARABIAN MOULD

Dissolve 2 dessertspoons of gelatine in a quarter-cup hot, black coffee (clear and strained). Make a custard with half-cup top milk, 1½ cups black coffee, half cup sugar, pinch of salt and the slightly-beaten yolks of 3 eggs, cook very gently until the mixture just coats the spoon. Cool, then add the gelatine mixture, and fold in the 3 stiffly-beaten egg whites. Pour into wetted mould and leave to set.

### BAKED ALASKA

One quart brick ice cream, 3 egg whites, 6 tablespoons sugar, ½ teaspoon vanilla. Beat egg whites until stiff. Add sugar gradually, beating continually. Add vanilla. Place ice cream on a

thick board and completely cover cream with egg white mixture. Bake at 400° until a delicate brown. For variations of Baked Alaska sprinkle coconut over the meringue before baking. Or partly bury the small half of an egg shell in the centre top of the meringue before baking. When dessert is removed from oven, fill shell with rum or brandy and light and bring to the table flaming.

### BANANA CREAM MOULD

Mash as many bananas up to four as you can spare. Beat in  $\frac{1}{2}$  cup of sugar until dissolved. Add grated rind of 1 lemon, and juice of same. Stir in slowly, 1 small cup of milk. Add 1 dessert-spoon gelatine dissolved in a little hot water. Mix well. Pour into a wetted mould. Sets quickly.

### BANANA CREAM PIE

Make a short crust of  $\frac{1}{2}$  cup flour, 1 small teaspoon baking powder and 3 tablespoons lard. Mix with very cold water and roll very thin. Line a sponge tin.

**FILLING:** Two egg yolks, 1 tablespoon cornflour, 1 cup milk, 1 teaspoon vanilla, 2 egg whites,  $\frac{1}{2}$  cup sugar, bananas. Beat egg yolks and  $\frac{1}{2}$  cup sugar together. Add cornflour and milk. Cook over slow heat or in double cooker till thick. Add vanilla. Cut up bananas into custard, and when cool, pour into cooked pie crust. Make a meringue of egg whites, and 1 tablespoon sugar, spread over pie and brown delicately in oven. This is best cooked in a fancy pie-plate as the pastry is fragile when cooked and difficult to transfer to a plate to bring to the table.

### BANANA CREAM PIE (With Custard Powder)

Have ready a hot baked pie shell, then slice into it two or three bananas, and pour over them a hot custard made with custard powder. Cool and then cover with whipped cream.

### BANANA LOGS

Peel bananas and spread with raspberry jam. Roll in coconut or cornflakes. Serve with whipped cream or custard. Cut point off ends of bananas.

### BANANA SURPRISES

Have strips of pastry wide enough to enclose a whole banana, or one half lengthwise. Dip the bananas in some sweet fluid—beaten egg, jam, milk, syrup, lemon with brown sugar, half honey and half syrup, for instance. If easier, this sweetness may be spread on the pastry. Then roll the bananas in cake, biscuit or breadcrumbs, or just sprinkle these over. Wrap up the bananas in the pastry like sausage rolls, and cook golden brown in moderately quick oven, depending on the type of pastry. Serve with thin custard sauce.

### BLACKBERRY AND APPLE MOULD

Half pound blackberries, 3 oz. sugar, 1 oz. cornflour,  $\frac{1}{2}$  lb. apples,  $\frac{1}{2}$  pint water. Stew fruit in boiling water and sugar. When tender, rub through sieve. Bring to boil, add moistened cornflour. Simmer 5 minutes. Pour into wetted mould to set.

### BOSTON PUFFS

Cut tops off cream puffs, fill with ice cream. Replace tops and sprinkle with powdered sugar. Serve with hot Chocolate Sauce.

### BUTTERSCOTCH SPONGE PUDDING

Three teaspoons gelatine, 2 tablespoons butter,  $1\frac{3}{4}$  cups hot milk, pinch salt,  $\frac{1}{4}$  cup hot water, 1 cup brown sugar, 3 eggs, few drops vanilla, almond, ratafia or caramel. Make thick paste of butter and sugar, pour hot milk over. Pour all over beaten egg yolks. Heat till smooth like custard, but do not boil. Leave till cold. Add the gelatine which has been dissolved in the hot water, and essence. Beat the whites stiff with salt, and whisk in. When beginning to set, put in wetted mould.

### CARAMEL CUSTARD

Make a caramel with 6 tablespoons sugar by browning slowly over a gentle heat, then add 8 tablespoons water and cook till a nice syrup. Now coat a basin or mould with the syrup, which will set. Make a custard with 1 pint milk, 2 or 3 eggs, sugar to taste, pinch salt, and any flavouring liked. Pour this in basin carefully, cover, and steam in saucepan of boiling water with lid on, until set. Lift out, and when cold, turn out on to glass dish. Serve with mock cream or real cream. Can be eaten hot or cold.

### CAPE GOOSEBERRY SPONGE

Stew cape gooseberries gently with sugar. Strain off syrup, and make up to just under 1 pint with hot water. Make up a jelly with it. Leave to get cold. As it is setting, whip and then add the cape gooseberries and let it set.

### CARAMEL CUSTARD APPLES

Five large cooking apples, 6 oz. castor sugar,  $\frac{3}{4}$  pint water, 5 cloves, 2 eggs,  $\frac{3}{4}$  pint milk, a few almonds if desired. Peel and core the apples and stick a clove in each, but leave them whole. Boil the sugar and water together for a few minutes, then put the apples into this syrup and cook till tender, without breaking, turning them occasionally. Make the caramel by putting 3 oz. sugar and  $\frac{1}{2}$  gill water (about  $\frac{1}{2}$  teacup) into a little saucepan and boiling to a golden brown. Remove from stove and let it get cold. Then add the milk to the caramel and warm very slowly. Do not let it get very hot, then pour the caramel-milk on to the 2 beaten eggs, and cook until the custard thickens (without boiling). When the apples are tender arrange them on table-dish, and coat them with the caramel custard. If possible when the apples are cool, spike them with blanched and shredded almonds.

### CELESTIAL PEACHES (Chinese)

Skin large peaches, cut in halves and remove stones. Arrange them cut side uppermost on baking tin. Into each centre put a little thick ginger syrup (from Chinese jars of preserved ginger). Bake lightly in moderate oven and let get cold. Fill centres with ice-cream, and sprinkle finely chopped nuts and preserved ginger on top.

### CHARLOTTE RUSSE (Norwegian)

One dessertspoon gelatine, 4 egg yolks, 1 teacup rum,  $\frac{1}{2}$  pint cream,  $\frac{1}{4}$  lb. sugar, a little water. Whip cream. Beat egg yolks and sugar together, and mix with the cream. Dissolve gelatine in water, and add with rum. Pour into a mould and leave to set. When turned out, serve with red sauce made with red currant jelly or strawberry jam heated with a little water, strained, and thickened with cornflour.

### CHOCOLATE APRICOTS

Stew some apricots, cut in halves. Lay in glass dish with rounded side up. Make up a jelly with the juice, and pour over. Let it set. Then make up a custard with custard powder, flavour it with cocoa, and when it is cold, pour over the jelly. Decorate the top with apricots.

### CHOCOLATE EGG CUSTARD

Two eggs, 1 pint milk, vanilla, 2 dessertspoons cocoa, 3 or 4 dessertspoons sugar. Mix the cocoa to a smooth paste with some of the milk. Boil the remainder and stir on to it. Return to saucepan, bring to the boil and boil for one minute, then cool slightly. Beat up the eggs and stir the hot cocoa and milk on to them. Pour into jug and add sugar to taste. Stand the jug in a saucepan of boiling water (or use a double saucepan) and cook until the custard thickens, keeping it stirred occasionally. Be careful not to overheat it, or it will curdle. When ready, remove from the hot water and add vanilla or almond essence to taste.

### CHOCOLATE FLUFF

Two tablespoons cocoa, pinch salt, 1 tablespoon powdered gelatine, 1 teaspoon vanilla essence, 1 pint milk, sugar to taste, 4 tablespoons cold water. Soften gelatine in  $\frac{1}{4}$  cup of milk. Stand 5 minutes. Mix cocoa and sugar and put in saucepan, stir in water, cook 3 minutes stirring all the time. Stir in milk brought to the boil, add the gelatine and salt. Let it cool, stir in the vanilla, and then pour into individual moulds. Turn out when set and decorate.

### CHOCOLATE JELLY SPONGE

Dissolve 1 packet of jelly crystals (any flavour) in 1 breakfast cup of hot but not boiling water. Beat 2 egg yolks till creamy, and mix well with  $\frac{1}{2}$  pint of milk and 1 dessertspoon cocoa. Heat this slowly until slightly thickened. It must not boil. Allow both dissolved jelly, and milk and egg mixture, to cool. Then add the stiffly beaten egg whites to the milk mixture, and slowly stir all into the jelly mixture. Whip all lightly together, and set in a mould. Serve with cream and custard.

### CHOCOLATE MERINGUE PIE

Three squares unsweetened chocolate, cut in pieces (if you haven't the chocolate you could substitute cocoa—about 3 good dessertspoons), 2 cups milk, 3 oz. sifted flour, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt, 4 egg yolks, slightly beaten, 2 tablespoons butter, 2 teaspoons vanilla, 1 baked 9 inch pie shell (pastry case),  $\frac{1}{4}$  lb. icing sugar, 4 egg whites stiffly beaten. Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine flour, sugar and salt. Add to egg yolks. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into pie shell, and cover with meringue made by folding icing sugar into egg whites. Bake in slow oven ( $300^{\circ}$  F.) 12 minutes, or until delicate brown.

### CHOCOLATE MINT PIE

Three tablespoons cocoa, 3 tablespoons cornflour, 1 cupful of sugar,  $\frac{1}{2}$  cups boiling water,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon peppermint flavouring,  $\frac{1}{2}$  teaspoon butter, 1 egg white stiffly beaten, baked pie shell. Combine cocoa, cornflour, sugar and salt in a saucepan, mix well. Add boiling water gradually and cook a minute or two until smooth and thick. Cool slightly. Stir in butter, flavouring and stiffly beaten egg white. Pour in pie shell and top with meringue made of beaten egg whites and sugar, or whipped cream.

### CHOCOLATE REFRIGERATOR CAKE (Pudding)

Half a cup sugar,  $\frac{1}{4}$  cup cocoa,  $\frac{1}{2}$  cup water, 4 beaten egg yolks,  $\frac{1}{2}$  cup butter, 1 cup fine sugar, 1 teaspoon vanilla, 4 egg whites beaten till stiff but not dry. Lady fingers, or left-over sponge cake slices. Combine sugar and cocoa. Gradually add water to form smooth paste. Add egg yolks and mix well. Cook over boiling water until thick, stirring constantly. Cool. Cream butter and gradually add sugar. Add vanilla. Gradually add cooled chocolate mixture and blend thoroughly. Fold in egg whites. Line bottom and sides of loaf pan with 2 pieces waxed paper. Cover bottom and sides with cake. Pour in half chocolate mixture. Cover with layer of cake and pour over remaining chocolate mixture. Chill.

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Use HANSELL'S TARTARIC ACID in your cooking

## CHOCOLATE PEACHES

Dissolve a jelly as per instructions, using the syrup from a tin of peaches, and making up the quantity with hot water. Arrange the peaches in a dish, with the cut side downwards, leaving out two or three for the top. Pour the jelly over, and leave it to set. Make a chocolate custard, and let it get almost cold. Then stir it up and pour over the jelly. When thoroughly cold cut the remaining peaches into quarters, and arrange in a ring on top. Whip some cream until stiff, flavour and sweeten to taste, and pile in centre of dish.

## COLD FRESH PLUM PUDDING

One and a half pound fresh red plums, 2 tablespoons sugar, and 1 teacup of water. Boil the sugar and water 5 minutes, add the plums, and cook till soft. Take out the stones. Line the bottom and sides of a pudding basin with stale bread. Carefully soak this lining with some of the plum juice. Then put in a layer of plums, another layer of bread, and so on, till dish is full, finishing with a layer of bread. Put a saucer on top, and a weight, and leave till cold. Turn out of basin, and serve with a good custard.

## CREOLE CHESS PIE

One cup sugar,  $\frac{1}{2}$  cup butter, 3 eggs,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon nutmeg, 1 cup dates, cut fine, 1 cup nuts, cut fine,  $\frac{1}{2}$  cup grated coconut, 2 teaspoons vinegar. Beat butter, sugar and eggs together until fluffy. Add spices, vinegar and fruits. Turn into pastry lined pan and bake. Rich but delicious.

## CUSTARD FOR SPECIAL OCCASIONS

One pint milk, brought slowly to the boil. Add 2 level tablespoons sugar. Beat 1 egg with a pinch of salt. Mix with 1 dessert-spoon cornflour or arrowroot, moistened with a little milk. When the milk is nearly boiling, pour on to egg and cornflour mixture, and pour back into saucepan to thicken. When quite cold, beat in 1 small tin of cream till quite smooth.

## DATE SHORTCAKE

Five ounces butter, 1 egg, 2 oz. custard powder (vanilla), pinch salt,  $1\frac{1}{2}$  full cups stoned dates, 4 oz. sugar (castor if possible), 8 oz. flour,  $\frac{1}{4}$  teaspoon rum essence, 1 level teaspoon baking

powder, 2 tablespoons boiling water. Put dates and water on to heat gradually, and make soft. Let get cold. Cream butter and sugar, till soft and fluffy. Add egg. Beat again. Add rum flavouring. Sift dry ingredients. Knead a little—roll out and put half in pie plate. Cover with dates. Put rest of shortcake and cook. Sprinkle with castor sugar. About half an hour, moderate oven.

### **DATE AND BANANA SHORTCAKE**

Four ounces wholemeal, 3 oz. white flour, 1 level teaspoon baking powder, 4 oz. butter, 1 oz. cornflour, 2 oz. sugar, 1 egg. Cream butter and sugar, add egg, sifted flours etc. Roll out and with half, line a sandwich tin. Spread with a cut up medium sized banana, then spread with  $\frac{1}{2}$  cup of dates, which have been boiled a minute or two with about 2 tablespoons water, and vanilla or other essence to taste. Put on rest of pastry, bake as usual.

### **DELICIOUS MERINGUE**

For a nice fluffy meringue add 2 tablespoons sugar to each egg white. Add  $\frac{1}{8}$  teaspoon baking powder. Beat egg white until stiff. Add the sugar and baking powder and beat until glossy. Pile in peaks on pie. Bake  $325^{\circ}$ —10 to 15 minutes. Do not cook too fast.

### **DELICATE PUDDING**

One pint water, 2 tablespoons sugar, flavouring (lemon)  $1\frac{1}{2}$  tablespoons cornflour dissolved in a little cold water, 2 eggs. Boil water and sugar, stir in the moistened cornflour. When cooked, remove from the fire, add flavouring, stir in the whites of 2 eggs beaten to a stiff froth. Pour it into a mould to set. Make a custard of the 2 egg yolks and milk, and pour round the dish.

### **DR. JOHNSON'S PUDDING**

Fill dish with alternate layers of sliced apples, and bread and butter, with a sprinkling of nutmeg. Add water to cover. Cover dish with a plate or lid, and bake on coolest shelf of oven for 2 to 3 hours, the longer the better. Makes a jelly-like delicious pudding. Hot or cold, with sauce or cream.

### EASY PUDDING

Melt a packet of jelly crystals in a very small quantity of hot water. When cold, pour the jelly into a basin, add 1 or 2 lightly beaten eggs, then pour over 1 pint of boiling milk, stirring all the time. Wet a mould, and pour in the mixture to set.

### EGG BLANCMANGE

Two ounces cornflour, strip lemon rind, pinch salt, 1 pint milk, 1½ oz. sugar, 1 egg. Moisten cornflour with a little of the cold milk, heat the rest with the sugar, salt, lemon rind and a knob of butter. Pour when hot on to the cornflour, pour back and let thicken. Remove rind. When cool, add a beaten egg yolk, and lastly fold in the beaten white.

### FIG PIE (Eaten on Palm Sunday)

One cup chopped figs, 1 cup currants, 1 cup sultanas, 1 cup cold water. Put all into saucepan and stew until figs are tender, and the water has soaked into the fruit, stirring frequently. Then set aside to cool. Make a good short pastry, line pie-plate, place the fruit on, and cover with a pastry lid. Prick with a fork, and bake in a hot oven. Delicious hot or cold.

### FLUMMERY

Use any fruit, or fruit pulp. Make up a good jelly, and let it become cool, but not set. Whip up separately a tin of unsweetened condensed milk; add to the whipped jelly, and whip again. Pour over the fruit or fruit pulp, and let set.

### FRUIT BAVARIAN CREAM

Soak 1 oz. gelatine in ½ cup cold water. Press through a sieve sufficient fresh fruit to make 2 breakfast cups pulp. Strawberries, raspberries, or very ripe peaches are best for this recipe. Plums could be used. Then pour ¼ cup boiling water on the gelatine, dissolve it, and pour all into the fruit. When the jelly begins to set, fold in two breakfast cups (1 pint) of whipped cream, and stir till well mixed. Set in a glass or porcelain mould, previously rinsed with cold water. A tin mould will discolour the cream. Half quantities may be used.

### FRUIT BASKETS

Scoop out some of the inside of a granose or weetbix. Mash a banana to a cream and fill the hollow. Sprinkle with castor sugar, serve with cream or custard. Any fruit may be used.

### FRUIT CUSTARD

Two cups milk, 3 egg yolks,  $\frac{1}{4}$  cup sugar, pinch salt, 1 teaspoon vanilla, 6 fresh apricots peeled. Scald milk in top of double boiler. Beat egg yolks, sugar and salt together in bowl. Add hot milk slowly to egg mixture, stirring. Cook, stirring until thickened. Remove from heat, add vanilla and cool slightly. Place peeled apricots in round pyrex dish. Pour custard over fruit, and chill. Top with meringue before serving—3 egg whites beaten until stiff. Add  $\frac{1}{3}$  cup sugar gradually, 1 tablespoon at a time, beating well between each addition. Pile lightly on top of custard. Any suitable fruit may be used.

### FRUIT SALAD (Unusual)

Tree tomatoes, passionfruit, and Chinese gooseberries. Peel the tree tomatoes and the Chinese gooseberries, and slice thinly. Sprinkle with a little sugar, and add the passionfruit. Leave  $\frac{1}{2}$  hour. Serve with cream.

### FRUIT TART (Prize)

Quarter pound butter, 2 cups flour, pinch salt,  $\frac{3}{4}$  cup sugar, 2 teaspoons baking powder, yolks 2 eggs beaten. Sift flour, baking powder and salt; rub in the butter. Mix with the beaten eggs, roll out, spread on a pie-plate and cook. Fill with filling made of 4 grated apples, 4 passionfruit, 4 thinly sliced bananas, and a squeeze of lemon juice. On top of tart spread meringue made of 2 dessertspoons sugar whipped with the beaten whites of the 2 eggs, and browned in the oven.

### GOOSEBERRY DELIGHT

One pound gooseberries, 1 packet jelly crystals, whipped cream, sugar and cinnamon. Top and tail the gooseberries and stew with 2 tablespoons sugar, a little water, and a little powdered cinnamon. When tender, rub through a sieve and allow to cool. Place the puree in a glass dish. Choose a red jelly, and make it according to directions, and before it is quite cold pour over the gooseberries. When set, decorate the top with blobs of whipped cream.

### GOOSEBERRY FOOL

Stew 1 lb. green gooseberries with a little water and  $\frac{3}{4}$  lb. sugar till perfectly tender. Rub through wire sieve, and add to just over  $\frac{1}{2}$  pint milk, which has been boiled, and which has a dessertspoonful of condensed milk dissolved in it. Mix well, and put aside to cool.

### GINGER ORANGE PUDDING

One tablespoon powdered gelatine, 2 tablespoons cold water, 2 cups milk, 2 tablespoons cornflour,  $\frac{1}{2}$  cup sugar, 2 eggs, whites and yolks separated, 1 cup orange juice, 2 tablespoons grated orange rind, 2 cups crumbled gingersnaps. Soak gelatine in cold water. Scald milk in top of double boiler. Sift cornflour and sugar. Add to milk, and cook over hot water for 10 minutes, stirring. Beat egg yolks and gradually add small amounts of hot pudding until both are combined. Cook 2 minutes more in double boiler. Remove from heat, add gelatine, orange juice and rind. Leave to stand till thick. Beat egg whites stiff and fold into pudding. Line serving dishes with gingersnaps. Fill with alternate layers of orange pudding and gingersnaps, ending with a layer of gingersnaps. Chill in refrigerator, or put in cool pantry oven night.

### HIDDEN TREASURE

Make up two jellies. Pour into a mould about 2 inches of jelly, and let it set. When it is set, stand a straight jar or tin on the centre, and pour jelly all round to within half an inch of the top. Let that set, then remove the tin or jar—if filled with hot water it will come away quite cleanly. Fill the space with finely chopped fruit, and a little custard, made with custard powder. Finally pour the remainder of the jelly over the top. The fruit is completely hidden in the centre of this jelly mould.

### HONEYCOMB

One ounce gelatine, 2 tablespoons sugar, 1 teaspoon vanilla, 2 pints milk, 3 eggs. Soak gelatine in milk 1 hour. Beat yolks of eggs, add sugar and vanilla. Bring the milk to boiling point, add yolks of eggs etc. Stir the whites, well beaten to a stiff froth, into the mixture, and pour into mould to set.

### ICE CREAM

To one cup milk add beaten yolk of 1 egg. Add 1 tablespoon cornflour, sugar and flavouring to taste. Boil to custard consistency, dilute with milk till it is like good cream. Freeze.

### ICE CREAM

One pint milk, 3 tablespoons full cream milk powder (this must be always well beaten with a little extra milk to the pint), 2 dessertspoons custard powder, 1 or 2 tablespoons sugar to taste, 3 tablespoons sweetened condensed milk, little vanilla essence, bring this to the boil in a double saucepan, but do not boil. Then add 2 teaspoons gelatine dissolved in little water. Put in to freeze—full freeze for 1 hour. Take out and beat well again, and put back. Very rich.

### ICE CREAM (Uncooked)

Whip very stiffly 2 egg whites with a pinch of salt. Beat in 1 tablespoon castor sugar, and the 2 egg yolks. Then add 1 cup cream, not whipped, and 1 cup of top milk in which has been thoroughly dissolved 1 tablespoon castor sugar, 1 teaspoon gelatine, and a little essence of vanilla. Place in refrigerator, and when half frozen, mix up again thoroughly, and continue to freeze. This is enough for 8. It is good to take a little of the milk and warm it to dissolve the gelatine.

### ICE CREAM WITH GELATINE

One breakfast cup cream, 1 egg white, 1 breakfast cup milk,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon powdered gelatine dissolved in a little hot water, 3 tablespoons sugar, or to taste. Beat egg white till stiff. Beat cream, and when thick, gradually add the milk, beating all the time. It will be quite thick when finished. Add beaten white, sugar, and the cooled but not set gelatine. Flavour to taste. Pour into trays and freeze.

### ICE CREAM (Quick)

One tin sweetened condensed milk, the same empty tin of milk, the same empty tin of cream. Flavour and freeze, stirring twice during the freezing process. This is delicious.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### ICE CREAM

One pint milk, 2 eggs, vanilla to taste,  $\frac{1}{2}$  cup sugar, 1 tablespoon cornflour,  $\frac{1}{2}$  pint cream. Heat milk in double boiler, and add sugar. Beat whites to meringue stiffness, then add the yolks and beat again. Moisten the cornflour with a little milk, and add to the hot milk in the saucepan. Then add beaten eggs, and cook a little. Afterwards beat with a beater, while basin or saucepan is standing in hot water. Let cool. Add vanilla to taste. Put in refrigerator, and half freeze. Beat up  $\frac{1}{2}$  pint cream, take out mixture, and beat in the cream. Put in again to freeze. When serving, pour over this hot raspberry sauce.

*HOT RASPBERRY SAUCE:* Two tablespoons raspberry jam in 2 cups water. Boil. Add lemon or orange juice and strain. Moisten 1 dessertspoon cornflour with a little water, and use to thicken the above. Make the first part some hours before, and thicken just before serving. Pour very hot over the ice cream, which will not melt, and serve at once. You may use apricot jam, or strawberry jam, or even golden syrup, but raspberry jam is best.

### ICE CREAM WITH CORNFLOUR

One and a half ounces unsweetened chocolate, 1 tablespoon cornflour,  $\frac{2}{3}$  cup sugar, 1 cup cream, 2 cups rich milk, few grains salt,  $1\frac{1}{2}$  teaspoons vanilla. Melt chocolate in double boiler, or in a mug standing in a saucepan of water, add scalded milk slowly. Mix the cornflour and sugar, and add to the chocolate mixture, and cook 10 minutes, stirring till thick. Let cool, add vanilla and freeze. When mushy, fold in the whipped cream. Freeze again.

### ICE CREAM (New York)

One and a quarter cups top milk, 2 eggs,  $\frac{1}{2}$  cup sugar, 1 tablespoon flour,  $\frac{1}{2}$  pint cream or evaporated milk, 2 teaspoons vanilla,  $\frac{1}{8}$  teaspoon salt. Scald milk, beat egg yolks, adding sugar and flour. Combine with hot milk and cook on low heat until the mixture coats a spoon, like thin custard. Cool. Beat egg whites till stiff, add salt, and fold into custard. Add vanilla. Pour into tray of freezing unit, and freeze to mush. Remove from refrigerator, fold in whipped cream or evaporated milk, and freeze again.

### **ICE CREAM (Junket)**

Take 2 cups fresh milk, add rennet to make a junket. When in the setting stage, add 1 cup of sugar, and beat well with the egg beater. Then stir in 1 large cup of cream. Add about a teaspoon of vanilla essence, pour into tray, and place in freezer. It sets firmly and it is not as sickly as other ice creams.

### **ICE CREAM (Coffee)**

Use recipe for New York ice cream, scalding  $1\frac{1}{2}$  tablespoons finely ground coffee with the milk, then straining the liquid through several thicknesses of butter muslin.

### **ICE CREAM**

One cup cream,  $\frac{1}{4}$  cup icing sugar,  $\frac{1}{2}$  teaspoon vanilla essence, 1 egg white, pinch salt, milk (if desired). Beat cream until slightly thickened, then add about  $1/3$  or  $\frac{1}{2}$  cup milk and icing sugar. Add vanilla and beat again for a few minutes until it begins to thicken. Then add stiffly beaten egg white and salt. Freeze. The milk may be omitted. It is richer without, but more economical with milk. Serve with fine wafer biscuits.

### **ICE CREAM (Delicious)**

Blancmange will taste just like ice cream if after making and cooling, a tin of condensed milk is beaten into it. Chill in cool place or refrigerator. Served with stewed fruit etc. this ice cream is delicious.

### **ICE CREAM (Tamaki)**

Half cup sugar,  $\frac{1}{2}$  packet jelly crystals, any flavour. Put in saucepan with little hot water till melted. Put 3 cups milk in basin (or 2 cups milk and 1 cup cream) pinch salt, add sugar and jelly mixture, and beat well with beater. Put in refrigerator to freeze—when just set, beat with fork, and freeze again.

### **ICE CREAM WITH BANANAS**

Put a block of ice cream into a custard glass, surround it with 8 or 10 thin slices of banana, pour round some fresh cream and pour over the top of the ice cream a little cherry brandy or some other liqueur. If the ice cream is bought ready-made, this delicious sweet can be prepared in a few minutes.

### ICES (Water)

Make a syrup of 1½ lbs. sugar in 1 quart water, and add the juice of 1 lemon and the grated rinds of 3. If the fruit is not available, 1 dessertspoon lemon essence will do. Mix well, strain through muslin and freeze. Fresh fruits, such as strawberries, currants etc. may be used, allowing ½ pint juice to each pint syrup.

### ICE CREAM WAFERS

These will keep well in a jar with a tight lid, or a tin, and this recipe makes a great deal. Half cup butter, grated rind of 1 orange, 1 tablespoon cold water, 2 cups flour, 1 cup castor sugar, 1 teaspoon baking soda, ½ cup orange juice. Dissolve soda in cold water, add to orange juice, then add alternately with flour to creamed butter and sugar with grated rind. Spread mixture on well-greased sheet in the thinnest possible manner and bake in moderate oven. When baked cut into squares. They can be rolled like a brandy snap, but you have to be very quick over it. It is really best cut into squares. Makes about 60 or 70 biscuits.

*NOTE:* Drop in very small quantities on the baking sheet, and spread out like a sheet of tissue paper with a knife.

### ICE CREAM IDEAS (Novel)

Shape the wafers like "ships' sails", with ice cream between 2 halves of bananas, and a dot of chocolate icing here and there on the ice cream to imitate seats or hatches. A brandy snap is also very nice just lightly curled and filled with ice cream with a 3 corner piece of biscuit standing for a sail.

### ICE CREAM PUDDING

Put 1 pint milk on to boil. Cream 2 tablespoons butter with 2 tablespoons sugar. Add 1 egg and beat. Add 1 tablespoon flour and a few drops of vanilla. This now looks like a cake mixture. Pour on the boiling milk gradually, and stir. Pour into piedish or pyrex dish, stand in another dish of water, and bake slowly till it sets. Don't let it boil or it will curdle. Let it brown a little on top. Place in refrigerator and serve with fruit.

**IVORY CREAM**

Peel and mash 5 large bananas till smooth, then beat in 5 teaspoons icing sugar till free from lumps. Whip a cup of cream stiff, and mix with the banana pulp. Dissolve a packet of orange jelly in  $\frac{3}{4}$  pint boiling water, and leave till cold. Stir in cream mixture, pour into a wet mould and leave till set. Serve with whipped cream.

**JELLY**

Dissolve 1 packet of jelly crystals in a little more than a cup of hot water. While cooling, beat 2 egg yolks with 1 tablespoon sugar, and add to jelly. Add a cup of milk. Beat the whites stiffly, and add, folding in. This sets very quickly.

**JELLY MERINGUE SHORTCAKE**

One cup flour, 1 teaspoon baking powder, pinch salt, 2 tablespoons cornflour, 2 egg yolks, 4 oz. butter, 4 oz. icing sugar, 1 teaspoon vanilla. Sift flours twice. Cream butter well, add icing sugar, beat till light. Add egg yolks one at a time, beating well. Gradually work in sifted flours. Spread evenly in 7 inch sandwich tin. Bake slow oven till golden. Cool. Then split to make two layers. Make up an orange jelly, set in same sized sandwich tin. Turn on to one shortcake layer. Place other layer on top. Cover thickly with meringue. Decorate top with green and orange jellies.

**MERINGUE:** Two egg whites, 3 tablespoons castor sugar, 1 teaspoon lemon juice. Whip whites stiff with salt and 1 tablespoon of the sugar. Fold in remaining sugar and whip.

**JELLY SWEET**

Make up a good lemon (or other flavour) jelly. When cold, chop it, put some chopped jelly in the bottom of individual glass dishes, then put slices of banana, sprinkle with lemon juice, more jelly and top with some cold custard. Put a strawberry on top.

**JUNKET FOR CHILDREN**

Make an ordinary junket, but stir in a teaspoonful of jelly crystals—any colour or flavour, and when the junket is cool, sprinkle the top with a few more of the crystals. The colours can be varied from day to day. You can also add cocoa to the junket.

### JELLY EGGS (For Easter)

Make a small hole at one end of an egg, and get white and yolk out. With a small funnel, fill egg shells with jelly. Put in egg cups to set. When set break shells carefully, and remove. Can be served in pretty ways, with chopped green lettuce all round, or in a nest with yellow chickens on edge.

### JELLY SOUFFLE

One packet jelly crystals,  $\frac{1}{4}$  cup shredded blanched almonds,  $\frac{1}{2}$  cup stewed prunes cut in quarters, 2 slices pineapple, cooked and cut in cubes (or tinned pineapple). Prepare jelly as usual. Pour half in bottom of mould, and let set. Have remainder not quite set, whip till frothy. Fold in fruit. Pour on top of firm gelatine. Let set.

### JELLY TRIFLE

One pint red jelly, 1 breakfast cup milk, 1 oz. crystallized cherries, 1 oz. sugar, 2 eggs, 1 teaspoon brandy food-flavouring, sponge cake,  $\frac{1}{4}$  pint cream or top milk, 2 dessertspoons gelatine,  $\frac{1}{4}$  cup hot water. Pour a little red jelly into a wet mould and when set, line the mould with strips of sponge. Beat the eggs and sugar together. Heat milk, add eggs and heat till mixture thickens. Cool, add gelatine dissolved in hot water, then flavouring, cream, sliced cherries and cut up pieces cake. Pour into the prepared mould. Set. Turn out and arrange the rest of the red jelly chopped round the dish.

### KIDDIE BIRTHDAY MOULD

One and  $\frac{1}{3}$  tablespoon gelatine,  $\frac{1}{4}$  cup cold milk, 1 pint milk, scalded in double boiler, 1 teaspoon vanilla flavouring, 3 egg yolks and 3 egg whites, one third cup sugar,  $\frac{1}{2}$  teaspoon salt. Put gelatine in  $\frac{1}{4}$  cup cold milk. Scald milk, then add gradually to slightly beaten egg yolks and sugar. Add softened gelatine, and return to double boiler. Continue to cook until mixture coats a spoon, 7 to 10 minutes. Add vanilla and salt. Cool. When thoroughly cool, fold in beaten egg whites. Pour into 1 quart mould. Let set—in refrigerator, if you have one. May be tinted any colour. Decorate with whipped cream, and candles, meringues etc.

### LEMON CHIFFON PIE

One tablespoon gelatine, 1 cup sugar,  $\frac{1}{2}$  cup lemon juice, 4 egg whites,  $\frac{1}{4}$  cup cold water, 4 egg yolks, 1 teaspoon grated lemon rind,  $\frac{1}{2}$  teaspoon salt. Soak gelatine in the cold water. Beat egg yolks till light and add half of the sugar, lemon juice and rind and beat. When very light, place on low heat, and cook, stirring until it is like custard. Add the gelatine and dissolve it. Leave to cool. Add whites beaten stiff with the rest of the sugar. Pour into baked shell, leave to cool, and to set. Serve with a thin layer of whipped cream. If making Orange Chiffon Pie, substitute  $\frac{1}{2}$  cup orange juice, 1 tablespoon lemon juice, and 1 tablespoon orange rind.

### LEMON CHIFFON PIE (No oven)

**CRUST:** One cup crushed wheatflakes,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  cup melted butter. Mix all together and press into pie plate.

**FILLING:** One and a half teaspoons gelatine,  $\frac{1}{4}$  cup water—soaked together. Four eggs,  $\frac{1}{2}$  cup lemon juice, 1 teaspoon grated lemon rind, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt. Cook yolks and lemon juice, with rind, in double boiler, also with  $\frac{1}{2}$  the sugar. Cook till custard consistency. Stir in gelatine and water, let cool, stirring. Fold in beaten egg whites, and sugar, and pour into shell. Leave 3 hours to set.

### LEMON CUSTARD (Uncooked)

Two eggs, juice of 1 lemon, 2 cups milk, 2 dessertspoons gelatine, 1 scant cup sugar, and a little boiling water. Put gelatine with  $\frac{1}{4}$  cup cold water. Leave to stand while mixing other ingredients. Beat eggs and sugar well, add the milk and beat again. Fill up cup containing gelatine with boiling water, stir till thoroughly dissolved. Add to milk mixture and stir well. Lastly add lemon juice and a little grated rind, leave overnight to set.

### LEMON MERINGUE TART

Line a deep pie plate with puff pastry, cook quickly a light brown. Two cups water, 2 lemons, 2 tablespoons cornflour, 1 cup sugar, 2 eggs, 1 tablespoon butter. Put water, sugar, butter,

grated rind and juice of lemon into a saucepan. Let it come to the boil, thicken with 2 tablespoons cornflour, pinch salt, and beaten yolks of two eggs. Boil about 5 minutes, allow to cool before filling pastry case. Finally whip whites of 2 eggs till stiff, add 3 tablespoons sugar, place the meringue on the filled tart, and return to oven to brown slightly.

### MILANESE SOUFFLE (Uncooked)

Two eggs, 2 dessertspoons powdered gelatine, any essence, 3 tablespoons sugar. Soak gelatine in 1 breakfast cup of cold water for  $\frac{1}{4}$  hour, then add 1 breakfast cup boiling water, mix well. Let it cool but not set. While it is getting cold beat the egg yolks with half of the sugar, and the essence, and put aside. Then beat stiffly the egg whites, and add the other half of sugar. When the gelatine is cold, beat until stiff, then fold in the egg yolks, and then the beaten whites. Put aside to set. Can be used with fruit, or just raspberry jam and cream.

### MOONSHINE

One tin of pineapple chunks, 1 pint custard, vanilla flavoured, cherries and whipped cream, 1 strawberry jelly, a little desiccated coconut. Put the pineapple chunks into a dish, make the jelly using the pineapple juice, made up to the right amount with water, pour it over the pineapple and let it set. Then pour over 1 pint of custard, cooled, and leave it all to cool properly. Before serving, arrange whipped cream on top, sprinkle with coconut and decorate with cherries.

### MUSHROOMS ON THE GRASS (Children's Party)

For grass have firmly set green jelly. Chop this and cover a large flat plate to a depth of 1 inch. For mushrooms take about a dozen meringues, some whipped or mock cream, and 3 or 4 large bananas. Scoop out some of the centre of the meringue, fill with cream, and push in a piece of banana about  $2\frac{1}{2}$  inches long, to form a stem. Stand these among the chopped jelly and effect is quite good. If jelly is firm enough they will stand properly.

### NGAURUHOE SNOW

Put round sponge cake on board. Beat 6 egg whites with wheel beater, until stiff enough to stand in peaks. Add a pinch of salt while beating. Have ready blocks of ice cream, and build them up on the sponge cake to represent a mountain. Stick this thickly all over with hulled strawberries. Fold into the beaten whites about half as much sugar as you would use for meringues. Put the meringue thickly and thoroughly all over the ice cream and sponge cake. Put into a hot oven for a few minutes, until meringue is a pretty brown. Meantime make chocolate sauce with water, icing sugar and cocoa. Remove mountain from oven, pour over the chocolate sauce to look like molten lava coming out of the crater. If, for special occasion, heat some rum in the oven, and last thing, pour the hot rum over, set a match to it, put out the lights in the room and bring in the dish.

### ORANGE MERINGUE

One pint milk, 1 egg,  $1\frac{1}{2}$  oz. sugar,  $1\frac{1}{2}$  oz. cornflour, 2 oranges. Mix the cornflour with some of the milk. Warm the rest of the milk, add the cornflour, and boil for three minutes. Cool a little, and add the sugar. Add the beaten egg yolk. Peel the oranges and cut them into little pieces, and add to the warm cornflour mixture. Turn into a buttered piedish. Beat up the egg white with 1 dessertspoon sugar and  $\frac{1}{2}$  teaspoon cornflour. Pile on top, and brown the meringue in a warm oven. Decorate with orange or cherries.

### ORANGE NUT PIE

One cup milk,  $2\frac{1}{3}$  cup orange juice, 1 cup sugar, grated rind 1 medium orange,  $\frac{1}{3}$  cup flour, 1 tablespoon butter,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup chopped nuts, 3 eggs—whites and yolks separated. Bake a flaky pie-crust in pie plate, and let cool. Scald milk in double boiler, blend sugar, flour and salt, with a little milk. Add gradually to hot milk, stirring till smooth. Cook 5 to 10 minutes, or until thick. Beat egg yolks gradually, and add hot milk, stirring till smooth. Return to double boiler, add orange juice, grated rind and butter, and cook 5 minutes more. Stir in nuts, pour into baked pie shell. Cover with meringue from egg whites and set in oven.

### ORIENTAL COMPOTE

One packet lemon or orange jelly, 1 cup boiling water, 1 cup cold cooked rice, 1 cup peach juice,  $\frac{1}{4}$  teaspoon salt, 3 sliced peaches. Dissolve jelly in boiling water add salt, and peach juice. When slightly thickened fold in rice. Pour  $\frac{1}{2}$  of this mixture into mould. Chill until firm, add layer of peaches, fill mould with remaining jelly mixture. Leave until set. Serve with whipped cream sweetened and seasoned with vanilla and almond essences.

### PASSIONFRUIT SHAPE

Two and a half tablespoons cornflour, pint milk, 1 egg, 2 tablespoons sugar, 1 dessertspoon butter, 4 passionfruit. Boil milk and sugar, keeping out a little milk to moisten the cornflour. Then add the moistened cornflour, and boil 3 minutes. Add the beaten egg yolk, and boil another minute. Fold in the beaten white and butter. Then add the passionfruit pulp, and put to set.

### PEACH CARDINAL

On square of sponge cake, put canned, cooked or fresh raw peach half, rounded side up. Pour raspberry sauce over all, and serve. (Raspberries in thick syrup, or thinned raspberry jam.)

### PEACH CUSTARD (For children)

Arrange enough peach halves to cover shallow baking dish. Use canned, cooked or fresh ripe peaches. One and a half cups milk, 4 eggs,  $\frac{1}{3}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla. Separate yolks and whites of 2 eggs. Beat yolks with the two remaining whole eggs, add other ingredients and beat well. Pour over peaches in dish. Set in dish of hot water, and bake 30 minutes slow oven ( $325^{\circ}$ ) till set. Make meringue—beat remaining 2 egg whites stiff. Fold in  $\frac{1}{4}$  cup sugar, and  $\frac{1}{2}$  teaspoon vanilla, and heap on custard. Brown in oven. Serve cold.

### PEACH FLAN

Make up a jelly (strawberry, pineapple or peach) using the juice from a tin of peaches, and the rest water. Let the sliced peaches soak in this jelly. Cook a pastry flan, prick it etc. When cold, put the slices of peaches on this shell, and pour over as much jelly as is required. Very nice with almond custard.

### PEACH CHIFFON PIE

One cup pureed peaches,  $1\frac{1}{2}$  tablespoons powdered gelatine,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon salt, 4 eggs, yolks and whites separate,  $\frac{1}{2}$  pint cream, 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon almond essence,  $\frac{1}{2}$  teaspoon vanilla. Also a baked pie shell. To  $\frac{1}{4}$  cup peach puree add gelatine, and let soak. To remaining  $\frac{3}{4}$  cup puree add sugar and salt, and bring to boil. Stir in softened gelatine, add carefully the well beaten egg yolks. Cool. Fold in stiffly beaten whites. Whip half cream, sweeten, flavour vanilla and almond, and fold into mixture. Pour into baked pie shell and chill till firm. To serve, cover with rest of cream.

### PEACH SHORTCAKE

Two level breakfast cups flour, 2 level teaspoons baking powder, 1 egg, pinch salt, 2 large tablespoons sugar, 3 full tablespoons butter, about  $\frac{1}{2}$  cup milk. Sift dry ingredients, rub in the butter, mix with the beaten egg and milk to a soft dough. Place one half of the dough in a greased sandwich tin, smooth over, and spread with softened butter. Cover with other part of the dough, which has also been smoothed out to fit the tin. Bake in a hot oven till cooked. Split open while hot, and spread with sliced peaches (ripe or stewed) and whipped cream. Replace top, and cover similarly.

### PEACH JUNKET

Have sufficient ripe peaches for the family, peel and halve them, and arrange them in a glass or china bowl. Make an ordinary junket with good rich milk, sweetened a little, pour it immediately over the fruit, and leave it to set. Serve with a good custard sauce, or cream. If the peaches are not luscious and ripe, they may be slowly cooked, and drained dry, before putting into the bowl.

### PEACH WHIP

Cook peaches and mash to a pulp. Tinned peaches can be used. Put through a sieve. Beat very stiffly 2 egg whites. Add 2 tablespoons sugar and beat till stiff again. Then add 2 more tablespoons sugar and 1 cupful of peach pulp. Beat with egg whisk till smooth and fluffy. Serve in individual glasses—long stemmed ones look nice. Put whipped cream on top. Serve with ginger wafers.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### PEAR SUNDAE

With the juice from a tin of pears, make up a packet of lemon jelly crystals. Use water to make up right quantity. When beginning to "jell" whip until frothy. Place pears in individual dishes, pour on the jelly, and serve with whipped cream, or custard.

### PEPPERMINT MARSHMALLOW

Boil 2 tablespoons sugar with  $\frac{1}{2}$  cup cold water for 2 or 3 minutes. Dissolve 1 teaspoon gelatine in  $\frac{1}{2}$  cup boiling water, and add to sugar and water. When cool add 2 unbeaten egg whites and gently stir. Set aside and when just beginning to set, whip up until thick and foamy, add peppermint flavouring and mix well. Set in wet greaseproof paper. Make a custard with the 2 egg yolks, top with coconut and bake. Join together. Delicious served with ice cream.

### PINEAPPLE PIE

Two egg yolks, 1 cup pineapple juice, 2 tablespoons flour, 1 cup sugar, 1 tin crushed pineapple. Mix the sugar and flour, pour over a little of the heated juice, put all back in the saucepan, and cook till thick and clear. Stir till smooth, and add the egg yolks. Put into a baked pie-shell. Cover with meringue made from the egg whites, well beaten with 4 tablespoons sugar. Brown in a slow oven.

### PINEAPPLE PIE, OR SHORTCAKE

Make shortcake mixture by creaming 2 tablespoons butter, and 1 tablespoon sugar. Add 1 egg yolk and beat well. Add 3 tablespoons water. Gradually work in 1 cup flour sifted with pinch salt and 1 teaspoon baking powder. Make firm dough. Line 8 inch sandwich tin, or pie plate. Bake moderate oven till firm.

**FILLING:** Put in saucepan 1 small pineapple grated,  $\frac{1}{2}$  cup water, yolk of 1 egg, 1 cup sugar, 1 dessertspoon butter, and bring to the boil. Moisten 2 tablespoons cornflour with a little water, add, and stir till smooth and thick. Allow to cool. Put  $\frac{2}{3}$  in the baked shell. Beat two egg whites stiff, fold in 2 tablespoons sugar. Spread on top of pineapple, at sides. Place remainder of pineapple mixture in centre of meringue. Bake slow oven till meringue is set.

## PINEAPPLE AND RHUBARB

Stew rhubarb, put in chunks of (canned) pineapple while hot, and set it into a packet of pineapple jelly crystals made with pineapple juice.

## PLUM MOUSSE

About 1 dozen large plums, sugar and water,  $\frac{1}{2}$  oz. gelatine, 1 yolk, and 2 egg whites,  $\frac{1}{4}$  pint milk,  $\frac{1}{2}$  teacup cream. Stew the plums, with sugar to taste, and very little water. Then drain and rub through a coarse sieve. Have sufficient to make  $\frac{1}{2}$  pint of pulp. Make a boiled custard with the milk and egg yolk, and when cold add to plum pulp with little castor sugar. Whisk the cream thick, and stir in lightly. Dissolve the gelatine in 2 tablespoons syrup, add to the mixture and stir well. Taste to see if sweet enough. When mixture begins to set, fold in stiffly-beaten whites, and turn into wet mould to set. Decorate with whipped cream and hundreds and thousands.

## PLUM PUDDING (Fresh)

Cook about  $1\frac{1}{2}$  lb. of fresh red plums in about a teacup of water, adding a couple of tablespoons of sugar, when soft, remove the stones. Line a pudding basin or mould neatly with slices of stale bread—cut these into wedge-like pieces and fit them neatly round the sides, with a round piece of bread at the bottom. Carefully soak this lining with some of the plum juice. Now put in a layer of the soft plums, and then a layer of thin bread, and so on until the basin is full, finishing with a layer of bread. Cover with a saucer or plate which fits tightly, and put a weight on top. Leave till cold. Turn out of basin and serve with a good custard or mock cream.

## PLUM SWEET

Cook 1 lb. of plums in a little syrup. Lift out, and put in a glass dish. Make up a packet of orange jelly crystals with the plum juice, made up to a pint with water. Also make a pint of custard, and beat into the jelly, just as it is beginning to set. The custard should be cooled, of course. Pour over the plums and leave to set.

### PRUNE WHIP

Three-quarters cup of hot prune juice,  $\frac{1}{2}$  cup cool prune pulp, 1 tablespoon gelatine, 2 egg whites,  $\frac{1}{4}$  cup cold water, 2 tablespoons lemon juice,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup chopped nuts. Pour cold water on gelatine, sugar and salt, add hot prune juice, and stir till dissolved, add prune pulp, and lemon juice and chopped nuts, then put to cool. When mixture starts to thicken, add egg whites stiffly beaten, and stir in, then put all in to a wetted mould and set to cool. When set, turn out and serve with whipped cream.

### PAVLOVA (Raspberry)

Beat 4 egg whites till stiff. Then add, 1 tablespoon at a time, a small cup sugar. Beat well, add 1 teaspoon vinegar, 1 teaspoon vanilla. Bake  $1\frac{1}{2}$  to 2 hours in slow oven on wet greaseproof paper. Put some raspberries in saucepan with sugar to taste and a little water. Bring slowly to the boil, thicken with cornflour. Let cool. Pour on to meringue. If possible, put raspberry ice cream on top.

### RHUBARB MOULD

One big cup of cold, stewed rhubarb, 2 dessertspoons sugar, 2 dessertspoons gelatine ( $1\frac{1}{2}$  dessertspoons if a refrigerator is used), 2 eggs, pinch salt,  $\frac{1}{2}$  teaspoon essence of lemon. Dissolve gelatine in  $\frac{1}{2}$  cup of hot water, beat up yolks, add sugar and salt. Lastly beat in stiffly beaten whites, add gelatine and rhubarb. Stir well, pour into wetted mould to set.

### SPANISH CREAM (2 eggs)

Two dessertspoons gelatine, 1 pint milk, 2 dessertspoons sugar,  $\frac{1}{4}$  cup hot water, 2 eggs, essence of vanilla. Beat yolks of eggs and sugar together, add to milk, stir over fire until mixture just comes to boil and will coat the spoon. Remove from fire and stir in gelatine dissolved in hot water, add essence. Beat egg whites until stiff, add, and pour into mould. This mixture may be varied by lining a mould with either figs, dates or prunes. If some of the juice from these fruits is used, moderate the amount of milk or use more gelatine.

### SPANISH CREAM

Half an ounce of gelatine, 1 pint milk, 1 cup sugar, 3 eggs, 1 lemon. Dissolve gelatine in milk, add yolks of eggs, well beaten, sugar, and juice of lemon. Put on fire and bring to the boil. Take off, and when nearly cold, add whites of eggs well beaten. Put in mould, serve with cream or custard. When turned out, there should be clear jelly on top and sponge underneath.

### SPANISH CREAM (Three Minute)

Dissolve 2 packets of jelly crystals in 2 cups of boiling water. Heat 2 cups of milk, add 2 beaten eggs and a little sugar. Blend both together and set overnight.

### SPONGE CAKE SURPRISE (San Francisco)

Cut small sponge cake squares through horizontally, and place ice cream between. Replace upper half and pour hot chocolate sauce over just before serving. A spoonful of whipped cream may be added.

### STRAWBERRY BAVARIAN CREAM

Two tablespoons gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{2}$  cup fruit juice,  $1\frac{1}{2}$  cups crushed strawberries,  $1\frac{1}{2}$  cups cream. Soak gelatine in cold water and dissolve in boiling fruit juice. Cool. If fresh fruit is to be used, sweeten to taste (about  $\frac{1}{2}$  cup sugar). Add fruit and chill, stirring occasionally. When mixture begins to thicken, fold in cream, whipped till stiff. Turn into mould first dipped in cold water and leave to set. Garnish with whole strawberries and whipped cream.

### STRAWBERRY PUDDING

Half packet strawberry crystals,  $1\frac{1}{2}$  pints milk, 2 tablespoons cornflour, 1 dessertspoon sugar, 1 teaspoon butter. Put milk in saucepan to boil. Mix cornflour, jelly crystals and sugar to a thin paste. When milk is boiling, put all in, stirring well all the time. Boil about 10 minutes, and just before removing from the fire, add the butter and beat a little. Turn into a mould and put in a cool place till cold. This pudding can be varied by using different flavours of jelly crystals. To make an Orange Pudding, use  $\frac{1}{2}$  packet orange jelly crystals, and add a level tablespoon of cocoa to the cornflour and 1 tablespoon of sugar.

**STRAWBERRY SPONGE**

One tablespoon gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{2}$  cup hot water,  $\frac{1}{4}$  teaspoon salt, 1 cup strawberry juice and pulp, 1 cup sugar, 1 tablespoon lemon juice, 2 egg whites,  $\frac{1}{2}$  cup whipped cream (this makes it beautiful but may be omitted). Crush berries, add sugar and leave for  $\frac{1}{2}$  hour. Soften gelatine in cold water, add salt and hot water, and stir until dissolved. Add berry mixture and lemon juice. Cool, and when thickening fold in stiffly beaten egg whites, and if possible whipped cream. Serve either in one bowl or individual glasses. About 6 servings. Sets in fairly quick time. Any fresh or canned fruit may be used, but use less sugar with canned fruit.

**STRAWBERRY SHORTCAKE (Old Fashioned)**

Two cups flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar, 5 tablespoons butter, 1 egg, about  $\frac{3}{4}$  cup milk. Sift dry ingredients, cut fat into flour. Break egg into cup add milk to make  $\frac{3}{4}$  cup. Mix, and add to dry ingredients. Stir until well mixed. Should be soft but not sticky. Add more milk if necessary. Divide in two. Pat out each half into round flat discs. Brush tops with softened butter. Put one on top of other, bake quick oven about  $375^{\circ}$  until well baked through. Put crushed strawberries between and on top. Or stretch berries by mixing half and half with cooked rhubarb.

**STRAWBERRY SHORTCAKE**

Two cups flour,  $\frac{3}{4}$  teaspoon salt, 1 cup cream, 2 teaspoons baking powder, 2 tablespoons butter. Sift together the flour, salt and baking powder. Rub butter in lightly. Add the cream, and mix with a knife to a soft dough. Turn on to a floured board, knead slightly, and divide the dough into two equal parts. Pat and roll each piece about  $\frac{1}{2}$  an inch thick. Lay one piece on buttered slide, brush over with soft butter, and place the other piece on top. Bake in hot oven about 15 minutes. When cooked, turn on to hot plate, remove top half, and spread the lower half with soft butter. Add a layer of the prepared berries. Sift generously with icing sugar, replace the other piece of pastry, cover with the prepared berries, and sprinkle again with sugar. Cover with whipped cream, sweetened and flavoured with orange essence.

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Use HANSELL'S BAKING SODA in your cooking

**TO PREPARE BERRIES:** Cut strawberries in half. Prepare a syrup by boiling together 2 cups sugar and  $\frac{1}{2}$  cup water for 4 minutes. Cool and pour over the berries. When ready, lift the berries from the syrup, and place between and on top of the shortcake. Strain the syrup, and serve with each portion of shortcake. Colouring and essence may be added to remaining syrup.

### **SWISS JELLY (No Cooking)**

Dissolve 2 dessertspoons gelatine in  $\frac{1}{2}$  cup boiling water, and let get cold. In a bowl beat 2 egg yolks with  $\frac{1}{2}$  bare cup sugar. Add 1 breakfast cup milk, the gelatine mixture, juice of 1 lemon, and finely grated rind if liked. Add stiffly beaten egg whites and fold in. Set in wetted mould.

### **TAPIOCA COCONUT CUSTARD**

One and a half tablespoons tapioca,  $1\frac{1}{2}$  tablespoons coconut, 1 pint milk, 2 eggs,  $\frac{1}{2}$  cup sugar. Soak tapioca overnight, or for some hours, in 1 cup water. Boil till soft in milk, with a pinch of salt. Beat yolks with sugar, and add. Take from heat, cool, add coconut. Mix well. Cook a little more. Pour into piedish, whip up the whites with sugar, and put the meringue on top and brown slightly.

## BREAD, SCONES AND TEACAKES

### BACKSTONES (Welsh Cakes)

One cup flour, 1 teaspoon baking powder, pinch salt,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup sultanas, 1 teaspoon mixed spice,  $1\frac{1}{2}$  oz. butter, 1 egg, milk to make dough. Rub butter into flour, add baking powder and spice. Then fruit and sugar, beaten egg, and milk to mix to nice dough. Flatten little balls of mixture, rub in flour, cook on hot buttered pan on asbestos mat.

### BAKING POWDER BREAD (Edmonds)

Four cups of flour, 1 teaspoon salt, small cold boiled potato, milk, or milk and water, 2 heaped teaspoons Edmonds Sure to Rise baking powder,  $\frac{1}{2}$  teaspoon sugar. Sift together flour, sugar, salt, and baking powder, then rub in the potato. Add sufficient liquid (about a pint) to make a soft and smooth dough. Mix quickly, put at once into a greased tin  $\frac{3}{4}$  full, smooth the top with a knife dipped in melted butter, and bake immediately about  $\frac{3}{4}$  to 1 hour in a hot oven. Cover over with paper for first 10 or 15 minutes to prevent crusting too soon. When done take from tin, and wrap in bread cloth until cold.

### BANANA BREAD (Boston)

One cup sugar, 2 eggs, 1 teaspoon baking powder, 3 mashed bananas,  $\frac{1}{2}$  cup butter,  $1\frac{3}{4}$  cups flour, 1 teaspoon baking soda. Make as usual—cream butter and sugar, add eggs, flour, baking powder and soda, and the mashed bananas. Cook in slow oven.

### BILLY LOAF

Two breakfast cups wholemeal, 2 tablespoons sugar,  $\frac{1}{2}$  cup walnuts, 1 breakfastcup white flour, 1 cup chopped dates, 1 teaspoon baking powder. While you are mixing these, have heating a large tablespoon of golden syrup, a knob of butter, and  $1\frac{1}{4}$  cups milk. When it is warm add 1 teaspoon bicarbonate of soda. Then add the warm mixture to the dry ingredients. Put in billy, put lid on and bake 2 hours approximately.

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Use HANSELL'S MERINGUE WHIP in your cooking

### **BERMALINE BREAD**

Two cups wholemeal, 2 cups flour, 3 teaspoons baking powder, 3 tablespoons sugar, 1 teaspoon salt, 1 tablespoon treacle. 1 cup boiling water, 1 cup milk. Mix all dry ingredients, dissolve treacle in boiling water, lastly add cup milk. Bake in tins (well greased) with lid on.

### **BOILED BILLY BREAD**

One breakfast cup Vi-max,  $\frac{1}{2}$  breakfast cup flour,  $\frac{1}{4}$  breakfast cup milk,  $\frac{1}{2}$  breakfast cup golden syrup, 2 teaspoons baking powder, pinch salt, 1 cup sultanas. Mix to a soft dough with syrup and milk, divide into three greased baking powder tins and boil in water with lids on for 2 hours.

### **BLACK DATE LOAF**

Pour 1 cup boiling water over 1 cup chopped dates and 1 teaspoon soda. Beat well, stand awhile and let cool. Beat 1 tablespoon butter, with 1 small cup sugar; then add 1 egg and beat well. Add dates etc. to butter, sugar and egg, and lastly add 2 cups flour sifted with 1 small teaspoon baking powder, and 1 teaspoon vanilla. A few chopped walnuts may be added if liked. Bake in slow oven, square or round cake tin.

### **BRAN MUFFINS**

Two cups bran, 1 cup flour, 1 teaspoon baking powder, 1 cup golden syrup, 1 cup warm milk and water, 1 small teaspoon baking soda in a little milk. Mix the dry ingredients, add the golden syrup. Then pour the warm milk and water over the mixture, and mix. Bake in patty pans. The mixture is very wet.

### **BRAN AND DATE MUFFINS**

(Could use Raisins or Sultanas)

One cup white flour, or wholemeal; 1 cup bran, 3 flat teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons melted butter, 1 egg, 1 cup milk, 2 teaspoons sugar, 1 cup chopped dates. Cut up stoned dates coarsely, and add them (or sultanas) to the sifted dry ingredients. Beat the egg well and add the milk, and the melted shortening. Pour all at once into dry ingredients; and mix just enough to blend. Do not beat. Grease small muffin pans (or deep patty tins) and fill  $\frac{2}{3}$ rds full. Bake in  $400^{\circ}$  oven approximately 20 minutes.

### BREAD

Ten cups of flour, (3 wholemeal and 7 white is a good light loaf), 1 tablespoon salt (not heaped). Sift into a dry warmed bowl. In another basin have 2 teaspoons compressed yeast, and 2 tablespoons sugar—work together till liquid. Then add  $3\frac{1}{2}$  to 4 cups warm water. Pour yeast mixture into middle of flour, and gradually work in the flour from the sides, till a light dough, slightly moister than scone dough. Cover with a clean cloth, and then a rug or blanket—it must not cool too quickly. Put in a warm place overnight. Next day, turn out on to a floured board, sprinkle with flour, and knead with the backs of the fingers, folding in as much air as possible, knead for at least 15 minutes. Shape into loaves, put in greased tins—to half fill, and stand in warm place for 1 hour, or until it rises double its size. Bake in moderate oven about 1 hour Regulo 7 or 8 or  $450^{\circ}$ . Don't open oven for first  $\frac{3}{4}$  hour. Brush over top with melted butter.

### BROWN HEALTH LOAF

Mix together 2 large cups wholemeal, 2 good teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt. Rub in 1 good tablespoon butter, add 1 cup chopped dates, raisins and nuts. Dissolve 1 dessertspoon golden syrup or plain malt in a cup of hot water. Then add  $\frac{1}{2}$  cup cold milk and mix with dry ingredients. Bake in greased tin about  $1\frac{1}{4}$  hours, moderate oven.

### BUBBLE BREAD

Four oz. wholemeal. Pinch salt. Rub in 1 teaspoon butter. Make to medium dough with water. Knead well. Roll wafer thin, cut into shapes. Cook on floured tray in slow oven about 15 minutes. Cheese may be rubbed into flour if liked, to make a change. The kneading makes it bubbly.

### BUTTERMILK LOAF

Four cups flour (half wholemeal is good), 4 teaspoons baking powder, 1 cup sugar,  $\frac{1}{2}$  teaspoon soda, 1 cup sultanas, 1 teaspoon salt, little peel, and buttermilk. Rub all the dry ingredients into flour, and mix with buttermilk. Sugar and sultanas can be omitted if liked.

### BUTTERMILK GIRDLE SCONES

Two and a half cups flour, 1 level teaspoon soda,  $\frac{1}{2}$  teaspoon salt, buttermilk to mix. Mix to a rather stiff scone consistency. Roll rather thin. Should be about  $\frac{1}{2}$  in. when baked. Bake on fairly hot girdle. Don't roll out second scone till the one on the fire is turned.

### CABIN BREAD

Three heaped breakfast cups flour,  $\frac{1}{2}$  teaspoon baking powder, 1 teaspoon salt,  $1\frac{1}{2}$  breakfast cups milk or water, 4 level teaspoons butter. Mix all dry ingredients, rub in butter, add liquid, knead to dough (well). Roll out  $\frac{1}{4}$  inch thick, cut in 3 inch squares, and prick right through—4 fork pricks to a square. Place in oven at  $450^{\circ}$ , when risen and brown slightly, turn oven (top and bottom) to low, and cook about 35 minutes altogether, till biscuits feel hard.

### CHEESE MUFFINS

One and a half cups flour,  $\frac{1}{2}$  cup grated or finely sliced cheese,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons baking powder, 1 egg,  $\frac{3}{4}$  cup milk. Beat egg lightly, add salt and milk. Sift flour and baking powder, and then put in the grated cheese. Make into a dough with the liquid, mixing well. Roll out, cut into rounds, brush with beaten egg, and bake for 10 minutes in a fairly hot oven, or cook in patty pans. Delicious split and spread with butter and eaten hot.

### CHEESE SCONES

Two cups flour,  $2\frac{1}{2}$  teaspoons baking powder, 1 teaspoon salt, 1 tablespoon butter,  $2/3$  cup milk,  $\frac{1}{4}$  lb. melted cheese. Sift flour and baking powder. Rub in butter, add cheese, mix with milk, and roll and cook as usual.

### CHOCOLATE SCONES

One heaped breakfast cup white flour, 1 heaped teaspoon baking powder, 2 teaspoons cocoa, salt, 1 oz. butter, 2 teaspoons sugar. Sift flour and baking powder and salt, add the sugar. In small cup put the cocoa, and mix with boiling water till the cup is half full. Then chop the butter in and melt it. Mix the flour up quickly with this, and enough milk to make a dough softer than usual. Cook as usual. Oven slightly hotter than ordinary scones.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### CARAMEL SCONES

Two large cups flour, pinch of salt, 3 oz. butter, 2 teaspoons baking powder, 1 egg, milk. Rub butter into flour, mix with beaten egg and milk. Roll out into a long strip. Cream 1 cup brown sugar and 2 oz. butter, spread over dough. Roll up (as for roly poly) cut in small pieces. Cook in meat dish.

### CHEESE AND CELERY SCONES

Two cups flour (wholemeal if liked),  $\frac{1}{2}$  cup grated cheese,  $\frac{1}{2}$  cup chopped celery, pepper and salt, 2 teaspoons baking powder, milk to mix. Very nice served hot for supper, or re-heated for breakfast.

### CHINESE TEACAKES

One ounce butter, 1 oz. lard,  $\frac{1}{4}$  lb. flour,  $\frac{1}{8}$  teaspoon baking soda,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  lb. brown sugar. Cream butter and lard, add brown sugar and soda dissolved in a tablespoon of cold water. Add vanilla and flour. Make into balls about the size of large walnuts, put  $1\frac{1}{2}$  inches apart on a buttered slide, and bake in hot oven about 8 minutes. These are the small flat cakes the Chinese like to serve with tea.

### CINNAMON TEA CAKE

One egg, 1 teaspoon salt, 3 tablespoons butter, 1 pint milk, 1 lb. flour, 2 teaspoons baking powder, cinnamon, vanilla or lemon flavouring. Mix the dry ingredients, rub in the butter, beat the egg and add, also the milk. Mix all into a soft dough. Roll out to  $\frac{3}{4}$  inch thick, place in shallow dish and cover with a mixture of cinnamon, sugar and melted butter or cream. Bake in a quick oven. May be served hot or cold.

### CINNAMON TEA CAKE

Beat till creamy 1 tablespoon butter and  $\frac{1}{2}$  cup sugar, add 1 well beaten egg, and beat again, then  $\frac{1}{2}$  cup milk, and sift in 1 cup flour, 1 teaspoon baking powder and a pinch of salt. Bake in a moderate oven for quarter of an hour. While cake is baking, mix one teaspoon each of ground cinnamon, sugar and desiccated coconut, and when cake is taken out of oven, and still hot, spread over it a little butter, and then sprinkle the cinnamon mixture on top.

## CORONATION BUNS

Two ounces cornflour, 6 oz. flour, 1 oz. peel, 3 oz. sugar, 1 egg, 1 teaspoon baking powder, milk, pinch salt, 3 oz. currants or sultanas, 3 oz. butter,  $\frac{1}{2}$  teaspoon almond essence. Sift flour and baking powder twice, then rub in the butter, add rest of ingredients. Mix to stiff dough with milk. Form into buns, brush over with milk and sprinkle with mixture of 1 tablespoon sugar, and 1 tablespoon finely minced walnuts (or ground almonds).

## CRUMPETS (Berkshire)

One pound flour,  $\frac{1}{2}$  teaspoon salt, little sugar, milk and tepid water, 1 egg,  $\frac{1}{2}$  oz. yeast. Stir yeast to cream with sugar. Sift flour and salt into warmed basin. Stir into yeast a beaten egg, dilute with  $\frac{1}{2}$  pint tepid milk, and pour into flour. Beat well till smooth, adding more milk or water till a smooth batter, slightly thicker than pancake batter. Cover, and leave in warm place  $1\frac{1}{2}$  hours. Put muffin rings on hot girdle, half fill with batter, and cook, turning once only. Serve toasted and buttered. Condensed milk tins or similar ones may be cut down for muffin rings.

## DATE BREAD

Stone and cut into pieces 1 cup dates. Put dates in basin and add 1 level teaspoon baking soda. Pour over this  $\frac{3}{4}$  cup boiling water and stand to cool. Beat 1 egg in basin, with rather less than  $\frac{1}{2}$  breakfast cup sugar, add a little salt, and 1 teaspoon vanilla. Now add date mixture. Stir in lightly  $1\frac{1}{2}$  scant breakfast cups flour, and 1 large teaspoon baking powder. Bake in well greased tin about  $1\frac{1}{4}$  hours, or less, depending on size of tin. To have bread smooth and glossy, cover with paper while baking.

## DATE LOAF

One cup dates, 1 cup sugar, 2 cups flour, 1 tablespoon butter, 1 cup boiling water, 1 egg, 1 teaspoon baking soda, 1 teaspoon vanilla essence. Put dates, sugar, butter and baking soda in basin, pour the boiling water over and stir a few times. Then add flour, well-beaten egg and vanilla. Mix all together and bake  $1\frac{1}{2}$  hours in a moderate oven in a deep tin, or 1 hour in a wide shallow tin.

### **DATE AND NUT LOAF**

One cup dates soaked in 1 cup boiling water with 1 teaspoon baking soda. Beat together  $\frac{1}{4}$  lb. butter with  $\frac{1}{2}$  breakfast cup sugar, and vanilla to taste. Add 1 egg, then 2 breakfast cups flour, with 1 teaspoon baking powder. Add alternately, with date mixture. Lastly add  $\frac{1}{2}$  cup walnuts. Bake 1 hour. Nice and moist.

### **DATE AND WALNUT CAKE**

Three breakfast cups flour, 1 cup sugar, 1 cup dates, 2 teaspoons cocoa,  $\frac{3}{4}$  cup butter, 1 cup walnuts, 2 tablespoons vinegar, 1 teaspoon soda dissolved in a little cold milk. Cream butter and sugar, add cocoa and milk with soda dissolved. Add flour, walnuts and dates, vinegar last. Bake in a slow oven.

### **GIRDLE SCONES**

Two heaped teacups flour,  $\frac{1}{2}$  teaspoon salt, 3 teaspoons baking powder, milk and water to mix to a soft dough. Do not have dough too stiff. Roll out, cut into quarters. Take up each section in right hand, turn over on to left hand, and slip on to girdle. Thus the underneath floury side is on top. Lightly brush off the flour, from what is now the top, and turn when brown. This helps to stop toughness. Stand them on edge for a few minutes when cooked.

### **GIRDLE SCONES (With Honey)**

Two level cups of flour, a little salt, 2 teaspoons of honey, 1 cup of milk,  $2\frac{1}{2}$  teaspoons cream of tartar baking powder. Sift flour and baking powder. Melt honey in a little milk, then add milk with honey to make just like drop cakes, adding more milk if necessary. Flatten out and bake on girdle. Very light and keeps 2 or 3 days. Delicious.

### **GOLDEN SYRUP SCONES**

Half pound flour, pinch salt,  $\frac{1}{4}$  teaspoon baking soda, 1 oz. butter, (little candied peel if liked), 2 dessertspoons golden syrup, sour milk to mix. Mix all dry ingredients in a bowl, make a hole in the centre, and add the golden syrup with sufficient sour milk to make a fairly soft dough. Turn on to floured board, pat out and cut into shapes. When cooked, take out, quickly brush over with a little sweetened milk, and return to oven to dry.

### GOLDEN BUNS

Two cups flour, 2 heaped teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon sugar, 2 oz. butter, 1 egg,  $\frac{3}{4}$  cup milk, 1 tablespoon golden syrup,  $\frac{1}{4}$  teaspoon cinnamon essence,  $\frac{1}{4}$  teaspoon vanilla. Sift flour, salt and baking powder, add sugar. Rub in butter. Melt syrup and beat up egg, add flavourings. Make a well in centre of flour and butter, add syrup mixture. Mix to a soft dough with milk. Roll out, cut into rounds. Roll into balls. Put on cold trays. Brush over tops with any egg left in basin. Bake quick oven about  $\frac{1}{4}$  hour. Put in towel on cake cooler when done. Serve buttered.

### HOT GRIDDLE CAKES WITH SYRUP (1 egg)

One and a half cups sifted flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 cup milk, 1 egg, 2 tablespoons melted butter—1 level tablespoon sugar is optional. Sift into a bowl the flour, baking powder and salt, and add the well beaten egg. Then add the milk and melted butter and mix well. Bake on hot griddle, slightly greased. Drop the batter by spoonfuls on to the hot griddle, and when bubbles appear, turn and cook on other side. Serve hot, spreading each with a little butter, and piling 3 or 4 one on the other. Pour over hot maple syrup (or golden syrup heated and thinned a little with hot water and a dash of lemon juice), or heated honey or even heated jam. Or spread each with a little sugar, sprinkle with lemon juice and roll.

### APPLE GRIDDLE CAKES

Use same recipe, adding  $\frac{1}{4}$  teaspoon cinnamon and 1 cup finely chopped apples to the batter before cooking.

### VARIATIONS

Eat your pile of griddle cakes (buttered and covered with hot syrup as above) with:

1. A fried pork sausage.
2. A couple of rashers of fried or grilled bacon.
3. With small meat patties made with minced left-over meat, a few breadcrumbs, a scraping of onion, and rolled in flour and fried.

4. Try rolling each griddle cake round a spoonful of pork sausage meat, like a sausage roll. Pour hot syrup over. Golden syrup heated and thinned with a little hot water and a dash of lemon juice is a fair substitute for maple syrup. Heated honey poured over is also very nice.
5. Griddle cakes may be eaten with bacon and a dash of marmalade instead of syrup.

**HINT:** Some people like to rub over the griddle or frying pan with a double thickness of muslin containing salt, instead of greasing it. This is supposed to prevent smoking or sticking.

### HEALTH LOAF

One and a half cups wholemeal,  $\frac{1}{2}$  cup bran, 1 level teaspoon baking soda dissolved in 1 cup milk,  $\frac{1}{2}$  cup syrup, pinch salt, a few sultanas or nuts if liked. Mix all together. Put in three baking powder tins, lids on, and steam; or bake in oven  $1\frac{1}{2}$  hours. They are much nicer steamed.

### HEALTH LOAVES

One cup white flour, 1 cup Vi-max, 1 cup bran, 1 cup chopped dates,  $\frac{1}{2}$  cup nuts,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup golden syrup, 1 egg, few drops vanilla,  $1\frac{1}{2}$  teaspoons melted butter, 1 teaspoon baking soda,  $\frac{1}{2}$  cup milk. Put flour, Vi-max and bran into a basin, with nuts, dates and salt. Beat egg and sugar together. Add warmed syrup and melted butter, then milk. Mix into dry ingredients, add soda dissolved in half cup of hot water. Mix well and bake in loaf tins, about 1 hour in middle of oven.

### HOT CROSS BUNS

One pound flour,  $\frac{3}{4}$  oz. yeast, 1 level teaspoon powdered cinnamon, 2 oz. mixed candied peel, 2 oz. sultanas, pinch salt, 2 tablespoons castor sugar, 1 teaspoon mixed spice, 2 oz. butter, 2 oz. currants,  $\frac{1}{2}$  pint milk, 1 egg. Sift flour with salt and spice, rub in butter and add prepared fruit and sugar, keeping back half a teaspoon of sugar to mix with yeast. Mix sugar and yeast till liquid, then stir in luke-warm milk. Strain this mixture into centre of dry ingredients, make into soft dough, adding also beaten egg. Divide into small portions, shape into buns, put on greased slide. Mark with a cross, leave to rise until twice the size. Bake in hot oven, brush over with sugar and milk, and return to oven for 2 minutes.

### IRISH SODA BREAD

Half a pound of flour,  $\frac{1}{4}$  teaspoon baking soda,  $\frac{1}{4}$  teaspoon of cream of tartar (if milk is not sour),  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  pint buttermilk. Crush soda, mix dry ingredients. Mix to a soft dough with buttermilk. Turn on to a floured board and knead with the tips of the fingers till smooth, turn smooth sides up and roll out to about 2 inches in thickness. Place in a floured tin and bake in a moderate oven about 20 minutes or until golden brown.

### LANCASHIRE OAT CAKE

Quarter pound fine oatmeal,  $\frac{1}{4}$  lb. coarse oatmeal,  $\frac{1}{2}$  lb. white flour,  $2\frac{1}{2}$  oz. lard, 1 teaspoon salt, pinch carb. soda. Rub lard into flour and oatmeal, add soda and salt, mix to a dough with hot water and roll out very thinly. Place on floured baking sheet, and bake in a moderate oven, turning over half-way through.

### LEBKUCHEN (Swiss Bread)

Four cups flour, 3 teaspoons baking powder, 1 cup sugar, 3 teaspoons mixed spice, 3 teaspoons cinnamon, 3 tablespoons golden syrup, 2 tablespoons honey, 1 cup milk, few drops aniseed essence. Melt honey and syrup in milk—do not let get hot. Mix dry ingredients and stir in milk mixture. Cook in a cake tin. Leave a couple of days, then spread slices with butter.

### MUFFINS

Two pounds flour,  $\frac{1}{2}$  oz. salt, 1 oz. yeast, 1 oz. sugar, 1 pint milk, or milk and water. Dissolve yeast in a little lukewarm water and add sugar. Sift salt with flour. Put milk in basin, and add a little of the flour. Pour in yeast and sugar, and work together. Work in remainder of flour, and knead well. Prove in a warm place for an hour. Then knead dough and divide as required. Round each piece carefully, and leave in warm place to rise, about an hour or more. Dust each piece with rice flour if available. When double size, roll out with rolling-pin to about  $\frac{1}{4}$  inch thick, still keeping round in shape. Bake on hot plate, but not too hot, or muffins will be doughy in centre. As they bake, turn each over with broad knife. When brown on both sides, reduce heat until thoroughly cooked. The hot plate must not be greased for muffins. Two tablespoons butter may be added to mixture if liked.

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Use HANSELL'S FOOD COLOURINGS in your cooking

**MARY'S BREAD**

Take 6 cups of pure wholemeal, 2 teaspoons salt, and sift. Mix 2 good teaspoons of dried yeast and 2½ to 3 cups of milk (blood heat) with two good teaspoons of honey. Make sure it is well dissolved, and add this to the flour and salt. Mix to a scone consistency, turn out, knead a little, and replace in basin leaving in a warm place for 2 hours or until it doubles in size. Turn out and knead well, form into loaves, and leave again for about ¾ hour to 1 hour in a warm place. Bake in a moderate oven ¾ to 1 hour.

**NUT AND CHEESE MUFFINS**

One cup grated cheese, 1 cup chopped nuts, 2 cups bread-crumbs, 1 cup milk, 1 beaten egg, salt and pepper. Mix all up. Put in greased patty pans, bake about 15 minutes. Serve with brown gravy and a green vegetable for lunch or dinner.

**NUT AND RAISIN LOAF (Special)**

Three cups flour, or 2 cups flour and 1 cup wholemeal, 3 teaspoons baking powder, 1 cup sugar, 1 teaspoon salt, 1 teaspoon ground cinnamon, 1 egg, 1½ cups milk, 1 cup seeded raisins, 1 cup chopped walnuts. Sift dry ingredients. Add beaten egg to milk, stir in and mix well. Add nuts and raisins. Pour into greased tin. Let stand 30 minutes. Bake in moderate oven (regulo 5) about 1½ hours.

**ORANGE TEA SCONES (Creole)**

Two cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons butter or fat, ¾ to 1 cup milk—enough for a soft dough. Sift dry ingredients. Cut in shortening. Add milk to make soft but not sticky dough. Roll out to about ¼ inch thickness and spread with orange filling (see below) then roll up like a jelly roll. Cut off ½ inch slices and sprinkle with a little sugar. Bake in a hot oven. Do not have them touch in the pan.

**ORANGE FILLING:** Two teaspoons butter or fat, 4 tablespoons sugar, 1 tablespoon orange juice and grated rind of 1 orange. Cook over moderate heat till thick. Then cool.

**PEANUT BUTTER BREAD**

Two cups flour, 2 teaspoons baking powder, good pinch salt, 3 tablespoons butter, 2 teaspoons peanut butter, 2 eggs well

Use HANSELL'S MERINGUE WHIP in your cooking

beaten,  $\frac{3}{4}$  cup milk. Sift flour and salt into basin. Rub butter and peanut butter into dry ingredients. Mix eggs and milk and add to flour mixture. Stir carefully. Turn into greased loaf pan. Bake moderate oven about  $1\frac{1}{4}$  hours. Leave 12 hours before cutting.

### PARAPARAUMU PIKELETS

One cup flour, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon baking soda, 1 egg, milk to mix to stiff paste, 1 teaspoon melted butter. Put all dry ingredients in bowl. Break in egg and mix in milk, add last of all the melted butter. Mix well and let stand  $\frac{1}{2}$  hour. Drop in spoonful lots on hot girdle.

### PANCAKES (Griddle)

One and a quarter cups flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon sugar, 1 cup milk, 2 tablespoons melted butter, 2 egg yolks slightly beaten, 2 egg whites beaten stiff. Sift flour, sugar and salt twice. Mix milk and egg yolks and add to flour gradually. Mix to smooth batter. Add butter. Fold in egg whites. Bake on hot greased griddle. Spread with quince or other jelly and roll, or roll round bacon or sausage.

### PIKELETS (Excellent)

Four heaped tablespoons flour, 1 teaspoon baking soda (small), 1 egg, small tablespoon butter, 2 heaped tablespoons sugar, 2 teaspoons cream of tartar (small), pinch salt, milk to mix. Sift dry ingredients, add well beaten egg and enough milk to make a nice batter. Add melted butter last. Leave if possible for an hour or so. Cook on a lightly greased girdle or frying pan, or electric hot plate or automatic Buffet Chef.

### PIKELETS WITH BUTTER

One cup flour, 1 tablespoon sugar, 1 dessertspoon butter,  $\frac{1}{2}$  teaspoon bicarbonate of soda, 1 teaspoon cream of tartar, 1 egg, small cup milk. Beat sugar and egg. Melt butter and soda together, add to beaten egg and sugar. Add flour and milk gradually. Cook on lightly greased plate of electric stove, or on girdle. Buffet Chef excellent for cooking pikelets.

### PIKELETS WITHOUT BUTTER

One breakfast cup flour, 2 level teaspoons cream of tartar, pinch salt, 1 egg, 2 level tablespoons sugar,  $\frac{3}{4}$  cup milk, 1 level teaspoon baking soda. Sift flour, salt, baking soda and cream of tartar in basin, add sugar. Make well in centre of flour, break in egg. Then add milk and mix well. Cook on hot greased girdle. Place on towel and keep covered to make them nice and soft.

### PIKELETS WITH GOLDEN SYRUP

Cream 2 eggs and 4 tablespoons sugar. Add  $1\frac{1}{2}$  oz. melted butter. Beat 2 teaspoons golden syrup mixed with a little milk, and add. Mix all together. Sift in 10 tablespoons flour and 2 teaspoons baking powder. Add more milk if too stiff. Cook as usual.

### POTATO AND CHEESE GEMS

Three cups mashed potatoes, 1 cup milk, 2 eggs,  $\frac{3}{4}$  cup grated cheese, pinch salt, 2 dessertspoons butter. Dissolve butter and salt in milk, slightly warmed. Add beaten eggs, then add the whole to potato and cheese mixed together. Stir slowly and mix well. Drop into buttered, very hot gem irons, sprinkle with flour and cook till brown on top. Split and butter, and eat hot.

### ROLLS

Three tablespoons butter, 1 cup milk, 4 tablespoons sugar, 4 cups flour, 2 beaten eggs, 4 large teaspoons baking powder. Cream butter and sugar, add beaten eggs, then milk, lastly dry ingredients. Roll. Cut out as for scones. Roll over, brush with egg, and bake. Don't make too big as they will rise.

### SALLY LUNNS (With Baking Powder)

Two breakfast cups sifted flour, 2 teaspoons baking powder, good pinch salt,  $\frac{1}{2}$  cup soft sugar,  $\frac{3}{4}$  cup milk, 1 tablespoon butter, 1 egg,  $\frac{1}{2}$  teaspoon essence of lemon, slices of candied lemon peel. Mix all dry ingredients together, then rub butter well in. Add milk beaten with egg, and essence of lemon. Pat on board to  $\frac{1}{2}$  inch thick. Cut into diamond-shape cakes. Glaze over each with milk and sugar, or with egg. Place a piece of candied lemon peel on top of each cake. Bake till well browned in hot oven.

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Use HANSELL'S JELLY CRYSTALS for best results

### SALLY LUNNS (Real)

One ounce compressed yeast,  $1\frac{1}{2}$  lb. flour, 1 oz. sugar, 2 oz. butter, 2 eggs,  $\frac{1}{4}$  oz. salt, 1 pint milk. Scald and cool the milk to lukewarm. Dissolve the yeast in portion of the milk and add the sugar. Well beat the eggs and add salt. Cream butter well and just melt it. Mix all well together, adding yeast last. Beat till smooth, pour into well-greased shallow pans, or muffin rings on a baking sheet. Half fill rings, then cover and allow to rise in a fairly warm place for about an hour, until nearly full. Just before baking, sprinkle tops with granulated sugar. Bake good oven about 20 minutes. Condensed milk tins, or similar tins, may be cut down for muffin rings.

### SCONES (With fruit)

Two cups flour (1 cup or both may be wholemeal),  $\frac{1}{2}$  cup Vi-max, 2 tablespoons sweetened condensed milk, 1 level tablespoon custard powder, 1 tablespoon butter, 2 heaped teaspoons baking powder. Lightly rub butter into sifted flour, custard powder and baking powder. Add 2 tablespoons sweetened condensed milk mixed with  $\frac{1}{2}$  cup hot water. Then add about  $\frac{1}{2}$  cup cold milk, or enough to mix to a rather wet dough. Flatten with hand, do not roll. Divide into two pieces. Spread half of one piece with chopped preserved ginger, fold the other half over, and press flat again. Cut into scones. Spread the other piece in a similar manner with raisins or chopped dates. Thus you get two kinds of scones.

### SCONES (Pumpkin)

Cream  $\frac{1}{2}$  cup cooked, mashed pumpkin with  $\frac{1}{2}$  cup butter or good dripping, add 1 tablespoon milk, then 1 cup flour sifted with 1 teaspoon of baking powder, salt and sugar to taste. Add more milk to mix if necessary. Roll out, cut in pieces, bake like ordinary scones.

### SCONES (Treacle and Date)

One heaped breakfast cup flour, 1 heaped breakfast cup Vi-max, pinch of salt, 2 teaspoons baking powder, 2 tablespoons treacle, 1 tablespoon chopped dates. Mix the dry ingredients well together, add dates and melted treacle. Mix to soft dough with milk, roll out, cut into rounds, and bake in a hot oven 20 minutes.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### SELKIRK BANNOCK

Two pound baker's dough,  $\frac{1}{4}$  lb. lard,  $\frac{3}{4}$  lb. sultanas (or  $\frac{1}{2}$  lb. currants),  $\frac{1}{4}$  lb. finely chopped peel,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar. Work the lard and butter into the baker's dough, add sugar and sultanas and finely chopped peel, and knead well. Place the dough in a buttered tin and allow to stand in a warm place for about 30 minutes to rise, and bake in a moderate oven.

### SINGIN' HINNIES (Cumberland Girdle Cakes)

Threequarters pound flour, 1 teacup currants, 6 oz. butter, pinch salt, cream or good top milk to mix. Mix flour and salt, rub in butter till free from lumps. Add currants. Make into soft dough with cream or top milk. Roll on floured board to  $\frac{1}{4}$  in. thick. Cut into small rounds, put on very hot greased girdle. Cook 5 minutes each side. Very thick frying pan would do for girdle, or two oven trays put together, or the automatic hot plate called Buffet Chef. Must be hot.

### HOT STRAWBERRY TEACAKES

One tablespoon butter, 1 egg,  $1\frac{1}{2}$  cups flour, pinch salt, 1 cup sugar,  $\frac{3}{4}$  cup milk, 2 level teaspoons baking powder, cupful prepared strawberries. Cream butter and sugar till light, add beaten egg and milk. Add flour and beat well. Crush the strawberries, and fold into the batter. Bake in patty pans and sprinkle with sugar. Serve fresh from oven if possible.

### TREACLE LOAF

One and a half breakfast cups wholemeal, 2 teaspoons baking powder,  $\frac{1}{2}$  cup treacle, 1 large cup milk,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. dates (or any nuts or fruit that is liked),  $1\frac{1}{2}$  breakfast cups flour,  $\frac{3}{4}$  cup sugar (scant cup), 1 oz. butter, 1 teaspoon salt,  $\frac{1}{2}$  lb. sultanas. Mix dry ingredients, then fruit, and milk, then butter and treacle melted, and added last. Put in loaf tin and bake in moderate oven  $1\frac{1}{2}$  hours. Keeps moist for days.

### TOASTS

**CINNAMON TOAST:** Toast bread, butter while hot and sprinkle with a mixture of 1 part cinnamon to 4 parts sugar. Keep warm in oven until serving time. Keep cinnamon-sugar mixture in large shaker for ready use.

**FRENCH TOAST:** Dip bread slices in mixture of 1 cup milk, 2 beaten eggs, and  $\frac{1}{4}$  teaspoon salt. Fry until golden brown in small amount of hot fat. Serve with syrup, icing sugar, or tart jelly.

**MELBA TOAST:** Slice bread  $\frac{1}{8}$  of an inch thick; trim crusts and place in slow oven ( $250^{\circ}$  to  $300^{\circ}$ ) until toast curls and is golden brown.

**MILK TOAST:** Cover toast-slice with  $\frac{1}{2}$  cup hot milk; add 1 tablespoon butter and pinch of salt.

### SUGAR TOP BUNS

Boil together  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, and about 1 cup water. Set aside to cool. Sift into basin 2 cups flour and 2 teaspoons baking powder; add  $\frac{1}{2}$  cup sultanas. Mix all to soft dough with the liquid. Lastly add one well beaten egg with a few drops of essence of lemon. Put dessertspoonfuls on a greased oven tray, sprinkle the tops with sugar, and bake about 15 minutes. They should rise and crack on top, and be beautifully light. The secret is to have the dough very soft.

### SULTANA LOAF

Two tablespoons golden syrup,  $1\frac{1}{2}$  breakfast cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 2 teaspoons mixed spice or cinnamon, 1 good cup sultanas,  $1\frac{1}{2}$  breakfast cups milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon bicarbonate of soda, peel if liked. Melt the golden syrup with milk. Wash sultanas and add to all other ingredients. Mix well and pour in the warmed golden syrup and milk. Mix well and put into a greased pie dish or loaf tin, bake in a moderate oven.

### VI-MAX Currant Loaf WITH YEAST

One cup scalded milk, 1 cup lard or dripping, 1 cake compressed yeast, 2 eggs, 2 cups Vi-max, 1 cup brown sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cup lukewarm water, 2 cups wholemeal. Add sugar, fat and salt to scalded milk. Add lukewarm water to yeast, and when nearly dissolved add to milk mixture, which must be now only lukewarm. Put flour in big bowl, add sultanas or raisins or currants to taste, add beaten eggs and mix to stiff dough with the milk mixture. Leave in baking tins till double the size, then bake in moderate oven about 40 minutes.

### VIENNA ROLLS

Two pounds flour, 1 tablespoon yeast, 2 eggs, 1 teaspoon salt, 2 oz. butter,  $\frac{1}{2}$  oz. sugar, 1 pint milk. Put flour in warmed basin, rub in butter, add salt. Put yeast in cup with sugar, and work till smooth and liquid. Add half the milk luke-warm and leave in a warm place about 10 minutes. Beat up eggs, add rest of milk, add to yeast mixture, and pour the whole into the flour, mixing well. Knead into light dough. Leave in a warm place for an hour. Knead, divide into twelve pieces, knead each and form into rolls. Place on baking tin, in warm place for about half an hour. Bake in quick oven. When baked, brush over straight away with beaten egg.

### VIRGINIAN SHORT'NIN BREAD

Two cups flour,  $\frac{1}{2}$  cup light brown sugar,  $\frac{1}{2}$  lb. butter. Mix the flour and sugar, then rub in the butter. Put on to a floured surface, and pat to  $\frac{1}{2}$  inch thickness. Cut into shapes. Bake in a moderate oven  $325^{\circ}$  to  $350^{\circ}$  for 20 to 25 minutes.

### WHOLEMEAL BREAD (No Yeast)

Two cups wholemeal,  $\frac{1}{4}$  teaspoon salt, 4 teaspoons baking powder, 1 cup milk, 1 tablespoon syrup or treacle. Melt the syrup in milk. Mix wholemeal, salt and baking powder, and stir in quickly the syrup and milk mixture. Put into a greased tin and bake in a moderate oven for about  $\frac{3}{4}$  of an hour. Let mixture stand for a short time in a warm place to rise, before putting in the oven. A nice moist loaf.

### WHOLEMEAL BREAD

One pound wholemeal, or half white and half wholemeal;  $\frac{1}{2}$  pint milk and water, 1 teaspoon salt,  $\frac{1}{4}$  cake yeast, 1 dessertspoon sugar, 1 oz. butter or lard. Mix flour with salt and sugar, rub in butter. Make well in centre. Dissolve yeast smoothly in half of luke warm milk and water. Stir into well in flour, mixing a little of flour to form batter. Cover basin and stand in warm place for 20 minutes. Add remainder of luke warm milk and water. Mix all together. Place on lightly floured board, knead well for a few minutes. Place in warm greased tin. Stand in warm place till double the size, about 40 minutes. When cooked, remove from tin, return to oven at reduced heat to crisp off.

## WAFFLES

1. Beat 2 eggs well. Add 2 bare cups milk. Sift together  $2\frac{1}{4}$  cups flour, 4 teaspoons baking powder, and  $\frac{1}{2}$  teaspoon salt. Of the flour, the  $\frac{1}{4}$  cup may be cornflour. Beat dry ingredients into the beaten egg and milk. Add 4 tablespoons melted butter or vegetable fat, and beat well with egg beater. Bake in hot waffle irons. Recipe may be halved. Serve hot with butter and hot maple syrup.

2. Sift 2 cups flour, 3 teaspoons baking powder, and  $\frac{1}{2}$  teaspoon salt. Separate yolks from whites of 2 eggs. Beat yolks slightly, add  $1\frac{3}{4}$  cups milk. Add to dry ingredients, and beat thoroughly. Now add 4 tablespoons melted butter and stir well. Fold in stiffly beaten whites. Bake in hot waffle irons.

## WELSH CAKE JOHNNIES

One pound flour,  $\frac{1}{4}$  lb. lard, 5 oz. sugar,  $\frac{1}{4}$  lb. currants, 2 eggs, 1 level dessertspoon baking powder, a little water,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon grated nutmeg. Sift flour, salt, baking powder and nutmeg together. Add sugar. Rub in butter or lard. Add currants and beaten eggs. Add a little water to make into a nice pliable dough. Roll out to about  $\frac{1}{4}$  inch thick, cut into round cakes. Cook on hot greased girdle. When one side is nicely brown, turn over. The oven slide serves the same purpose, placed on top of the stove, or use automatic Buffet Chef.

## WHITE BREAD

Four dessertspoons sweetened condensed milk,  $2\frac{1}{2}$  cups tepid water, 1 cup flour, 1 cake compressed yeast or  $1\frac{1}{4}$  oz. dried yeast. Pour condensed milk into a basin and add warm water. Stir till thoroughly blended. Add yeast and beat till slightly frothy. Add 1 cup sifted flour and fold in. Lightly cover, and leave in a warm place to work. Meanwhile prepare 6 cups sifted flour (in large basin), 1 dessertspoon (slightly rounded) of salt. When yeast is frothy and has a scum on top (takes about 15 minutes), combine with flour and salt and mix to a good stiff dough using a knife. Remove from basin and knead well on floured board. Dust inside basin with flour and place the kneaded dough back in and cover. Let rise in a warm place about  $\frac{3}{4}$  hour. The dough should be half

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Use HANSELL'S TARTARIC ACID in your cooking

its size again. Take out and knead again. Pat out to a good inch thickness and cut across centre then across the other way (quarters). Shape up and place two pieces in each of two bread tins. Cover the tins and leave to rise until dough is about  $\frac{3}{4}$  inch from the top of tins. Place into a good oven (about regulo 7 or 8 or  $450^{\circ}$ ) for 3 or 4 minutes then lower temperature to regulo 3 or 4 and bake for another 45 minutes. After the bread has been baking about 8 minutes have a look at it and lower the oven temperature if necessary.

### **WHOLEMEAL BREAD (No Kneading)**

Eight breakfast cups wholemeal, 1 cake compressed yeast,  $1\frac{3}{4}$  pints warm water (about), 1 tablespoon each of salt and raw or brown sugar, 1 tablespoon malt if liked. Mix flour and salt. Dissolve yeast in warm water with sugar (and malt if using). Pour into flour, and stir and knead for 5 minutes. If not the right consistency, add flour or water accordingly. Mould to loaves, put in greased tins. Put in warm place—(oven slightly heated) till double the size—about  $1\frac{1}{2}$  hours. Keep covered while rising. Bake about  $\frac{3}{4}$  hour or till done. Gas Regulo 7. Electric oven  $425^{\circ}$  to  $450^{\circ}$ , top element low, bottom medium. When baked, take loaves from the tins and return to oven for a few minutes to crisp up.

### **WHOLEMEAL MALT LOAF**

Three breakfast cups flour (may be all white, or half white and half wholemeal),  $\frac{3}{4}$  cup raw sugar, 3 oz. butter, 1 good big tablespoon malt, 1 breakfast cup warm milk or milk and water, 1 dessertspoon salt,  $\frac{3}{4}$  cup liquid yeast as below, or  $1/3$  cake compressed yeast, 1 cup sultanas. Sift flour into warm basin, add sugar and salt, rub in butter, and add sultanas. Dissolve malt in the warm milk. Make a well in centre of flour, pour in yeast and warm liquid. Mix all together. Have batter of a nice consistency, not too soft or too stiff. A little extra flour may be added if necessary. Sprinkle dough with flour, cover with clean cloth and blanket and leave in warm place to rise to double size. (Overnight in hot water cupboard is a good idea). In the morning, turn dough on to a floured board. Knead well, and then half fill warm tins. Again cover and leave till risen to the top of the tins. Bake steadily in a moderate oven about an hour. If using compressed yeast, dissolve it in a little of the lukewarm milk.

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Use HANSELL'S BAKING SODA in your cooking

### SCONES (Wholemeal, Never Fail)

Chief points for success. Quite moist mixture; plenty of rising; quick working; and a hot oven. Two heaped cups wholemeal, 2 large heaped teaspoons baking powder, 1 to 2 oz. butter melted quite liquid,  $\frac{1}{2}$  large teaspoon salt, about 1 cup milk. Mix dry ingredients, fill up cup containing melted butter with milk. Mix in very quickly to dry ingredients, making dough very soft. Turn on to board, press quickly with palm of hand to  $\frac{1}{4}$  in. thickness. Cut in squares, put on hot shelf—slightly floured and the flour shaken off. Cook in hot oven— $400^{\circ}$ , about 15 minutes. If liked, mix in a dessertspoon brown sugar with butter. Turn oven down a little if browning too fast.

### WHOLEMEAL LOAF

Three breakfast cups wholemeal,  $\frac{1}{2}$  cake compressed yeast,  $1\frac{1}{2}$  breakfast cups milk, or milk and water. 1 dessertspoon salt, 1 tablespoon golden syrup. Mix golden syrup and yeast on a saucer. Sift meal and salt. Make a well in meal. Pour in yeast and syrup mixture. Add milk warmed to blood heat, beating all the time and working in the yeast. Continue to beat when all milk is in for 3 or 4 minutes. Fairly moist mixture for this bread, so that if more milk is needed, heat it to blood heat as before. Let rise in greased tin about an hour. Bake about an hour, fairly hot oven. No kneading required.

### YEAST (Home Made)

1. Save about 1 quart of potato water. When cold, add 1 tablespoon flour, 1 tablespoon sugar, pour into jug or preserving jar, adding 1 teaspoon compressed yeast (or old yeast). Make during morning, and by evening it should have frothy top, ready for use. After taking some out each time, leave enough in jar to start the next lot. Replenish with cool potato water and above quantities of flour and sugar each day. Do not add any more compressed yeast.

2. Six breakfast cups of cold water, a handful of hops, 2 medium potatoes. Cut but do not peel the potatoes. Add the water and hops and boil about half an hour. Have ready 2 tablespoons of flour, 1 tablespoon of sugar mixed. Strain the other through a colander into it. Mix smooth. Strain again through a fine sieve. Bottle when nearly cold and put in a light warm place.

### YEAST (Home Made)

One oz. hops, 1 cup flour, 2 tablespoons sugar, 3 pints water. Boil hops for a few minutes in a small quantity of water. Drain and add sufficient water to make 3 pints. Add sugar, and when tepid, also the flour. Just shake it in—never mind if it seems lumpy. Grate in medium sized raw potato. Bottle. If you have a little yeast in the bottle to start working, it can be used same night. With home made yeast, it takes longer for bread to rise, than with compressed yeast. Divide it into 3 bottles, leaving sufficient room to work. Each bottle makes about 3 lb. flour.

### LIQUID YEAST FOR ABOVE

1. To start liquid—1 oz. hops (handful or two), 2 medium potatoes, cut up (skins and all), 3 pints water, 2 tablespoons sugar, 1 cup flour. Boil hops, potatoes and water for 20 minutes. Strain and add the sugar. Leave till luke warm. Mix flour with a little of the liquid, and add to rest of yeast.
2. To work new yeast.—Mix up a small piece of compressed yeast. Put all into a screw top jar and leave for two days. By working is meant the rising of the bubbles of carbon dioxide to the surface, where a good froth is formed.
3. To keep yeast working.—Each day add to the jar a dessert-spoon of sugar and luke warm unsalted potato water, pouring out some of the old yeast in the jar, if too full. After adding potato water, yeast is ready for use again in about eight hours if required.

### YEAST CURRANT LOAF

One cup scalded milk, 1 cup lard, dripping or butter, cake yeast, 2 eggs, 2 cups Vi-max, 1 cup brown sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cup luke warm water, 2 cups wholemeal, sultanas or currants. Add sugar, salt, butter to scalded milk. Add luke warm water to yeast; when nearly dissolved put in milk which is now luke warm. Put flour and Vi-max into big bowl with fruit, then add unbeaten eggs, then the liquid, and work to a stiff dough. Put into baking dish in warm place, and leave till double. Bake moderate oven about 40 minutes.

## YORKSHIRE TEA CAKES

Half pound flour, 3 oz. currants, 1 oz. candied peel, 3 oz. lard, 2 teaspoons sugar, 1 level teaspoon salt,  $\frac{3}{4}$  oz. yeast,  $\frac{1}{2}$  pint luke warm milk. Sift flour and salt into warm bowl; rub in lard, add currants and finely chopped peel. Cream yeast and sugar, add luke warm milk and pour all into a well made in the dry ingredients. Mix into light dough. Knead well and leave in warm place to rise. Form into small cakes, put on baking sheet and leave to rise again in warm place, about an hour. Bake quick oven about 15 minutes.

## LEVEL COUNTRY TOWE

Half pound flour, 3 oz. currants, 1 oz. candied peel, 3 oz. lard, 2 teaspoons sugar, 1 level teaspoon salt,  $\frac{3}{4}$  oz. yeast,  $\frac{1}{2}$  pint luke warm milk. Sift flour and salt into warm bowl; rub in lard, add currants and finely chopped peel. Cream yeast and sugar, add luke warm milk and pour all into a well made in the dry ingredients. Mix into light dough. Knead well and leave in warm place to rise. Form into small cakes, put on baking sheet and leave to rise again in warm place, about an hour. Bake quick oven about 15 minutes.

## THICK LEVEL TOWE

Half pound flour, 3 oz. currants, 1 oz. candied peel, 3 oz. lard, 2 teaspoons sugar, 1 level teaspoon salt,  $\frac{3}{4}$  oz. yeast,  $\frac{1}{2}$  pint luke warm milk. Sift flour and salt into warm bowl; rub in lard, add currants and finely chopped peel. Cream yeast and sugar, add luke warm milk and pour all into a well made in the dry ingredients. Mix into light dough. Knead well and leave in warm place to rise. Form into small cakes, put on baking sheet and leave to rise again in warm place, about an hour. Bake quick oven about 15 minutes.

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Use HANSELL'S ESSENCES in your cooking

## BISCUITS

### ACES (FOR BRIDGE TEA)

Four ounces butter, 4 oz. sugar, 1 egg, 8 oz. flour, 1 teaspoon baking powder. Cream butter and sugar, add beaten egg, then flour and baking powder. Add a little essence. Beat well, roll out thinly, and cut in oblongs a little smaller than playing card. Bake on greased tray, moderate oven 10 to 15 minutes. When cold, cover with soft white icing. Place diamonds, hearts, etc., of angelica, cherries, etc., in middle.

### ALMOND BISCUITS

Four ounces butter, 7 oz. flour, 1 oz. best cornflour, 1 teaspoon baking powder, 4 oz. sugar, 1 egg, 1 to  $1\frac{1}{2}$  teaspoons essence of almond to taste. Beat butter and sugar to a cream, add egg, beat a few minutes, then add all the flour with baking powder sifted in. Lastly add the essence. Make into little balls, put an almond on each and bake in a quick oven.

### ALMOND FINGERS (Delicious)

Sift 4 oz. flour,  $\frac{1}{4}$  teaspoon baking powder, and a pinch of salt. Rub in 2 oz. butter. Add 4 oz. sugar,  $1\frac{1}{4}$  oz. ground almonds, and mix with beaten egg yolk to stiff paste. Roll out oblong on floured board. Beat egg white, and add 2 oz. icing sugar. Spread over paste, sprinkle on 1 oz. chopped almonds. Cut into fingers, bake on greased tray, moderate oven 10 to 15 minutes.

### ALMOND WAFERS

Quarter pound butter, 1 teacup flour,  $\frac{1}{2}$  teacup sugar,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{4}$  teacup milk,  $1/3$  cup of almonds. Cream butter and sugar, add milk very slowly, add flour and vanilla. Mix well. Spread on greased oven tray very thinly. Bake in slow oven. Cut into squares while warm. After spreading on oven tray, cover with finely chopped almonds.

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Use HANSELL'S JELLY CRYSTALS for best results

### ALEXANDRA BISCUITS

Half pound custard powder, 6 to 8 oz. butter,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking powder, 4 oz. sugar, 1 egg, little flavouring. Cream butter and sugar, add custard powder, baking powder, and flour, and beaten egg. Knead, roll, cut into shapes, cook on floured greased slide till pale brown. Nice sprinkled with chopped nuts.

### AFRICAN BISCUITS

Half pound butter,  $\frac{1}{2}$  lb. sugar,  $\frac{3}{4}$  lb. flour, 2 eggs, 1 teaspoon baking powder, 1 cup coconut, a little vanilla essence, pinch salt. Cream butter and sugar, add eggs one at a time, and beat well. Add flour, baking powder and salt, then vanilla and coconut. Put through forcer, and lay in strips on cold tray. Bake till a pale brown.

### ANZAC BISCUITS

Melt  $\frac{1}{4}$  lb. butter with 1 tablespoon golden syrup. Add 1 teaspoon baking soda dissolved in 2 tablespoons boiling water. Then add following; 1 cup sugar, 1 cup coconut, 1 cup wheat-meal, 1 cup chopped walnuts,  $\frac{3}{4}$  cup flour. Take small teaspoonfuls and roll into small balls, then place on cold oven sheet, leaving space between each. Cook  $\frac{1}{2}$  hour in slow oven.

### BIFFS

Three ounces butter,  $\frac{1}{2}$  breakfast cup brown sugar, 1 egg, 1 breakfast cup corn or wheat flakes,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon vanilla, 1 teacup flour,  $\frac{1}{2}$  teacup walnuts, saltspoon salt. Mix into firm dough, shape into rounds, place on greased trays, and bake in a moderately hot oven.

### BELGIAN BISCUITS

Half pound butter,  $\frac{1}{2}$  lb. sugar, 1 dessertspoon treacle,  $\frac{3}{4}$  lb. flour, 2 dessertspoons cinnamon,  $\frac{1}{2}$  teaspoon bicarbonate or baking soda,  $1\frac{1}{2}$  level teaspoons cream of tartar (or 2 small teaspoons baking powder). Cream butter and sugar, add treacle, then the dry ingredients. Roll out, cut into rounds, two for each biscuit. When cooked, join together with mock cream or jam, and ice the tops with white icing.

### BELGIAN BISCUITS

Quarter of a pound of butter,  $\frac{3}{4}$  cup of sugar, 1 egg, 1 tablespoon golden syrup, 1 heaped cup flour,  $\frac{1}{2}$  teaspoon baking soda, 1 small cup cornflour, 2 dessertspoons cinnamon, 1 dessertspoon cocoa. Cream butter and sugar, add egg and other ingredients. Roll out, cut into rounds and bake. Stick together with jam, and ice.

### BRANDY SNAPS

Four ounces flour, 1 teacup golden syrup, 4 oz. butter, 1 teaspoon ginger, 3 oz. sugar, 1 teaspoon baking powder. Cream butter and sugar, add warmed syrup, mix well, mix ginger and flour, and add to mixture, lastly baking powder. Well grease oven trays and have oven slow. Drop in teaspoon lots on tray, leaving room for mixture to run. Takes about 10 minutes to  $\frac{1}{4}$  hour to cook golden brown. Remove from trays and roll round peg.

### BRANDY SNAPS

Put into saucepan 4 oz. sugar, 4 oz. butter, 4 oz. golden syrup, juice of half a lemon, and blend. Add 4 oz. sifted flour and  $\frac{1}{4}$  oz. ground ginger, warm the mixture and blend thoroughly. Put in teaspoonfuls 6 inches apart on greased slide. Cook in slow oven till deep brown. As you remove each one, roll rapidly, round the finger, or thin broom handle. When cold and hard, fill with cream.

### "BETTER" BRAN BISCUITS

One heaped cup flour, 1 heaped cup bran, 1 small cup sugar, 2 tablespoons golden syrup, 1 heaped cup coconut, 2 level teaspoons baking powder,  $\frac{1}{4}$  lb. butter, 2 tablespoons boiling water. Mix dry ingredients well. Put the butter, syrup and water on to melt, and add to dry ingredients. Take off pieces the size of a walnut, and press lightly both sides with sugar. Bake in moderate oven.

### BRIAN O'BRIEN'S BRAN BISCUITS

One cup flour, 1 heaped cup bran,  $\frac{1}{4}$  lb. butter, a nearly full cup of sugar, 1 teaspoon baking powder, 1 egg. Cream butter and sugar, mix in other ingredients, roll out, cut into rounds, and bake as usual.

### CARRAWAY BISCUITS

Four ounces fine wholemeal, 3 oz. white flour, 4 oz. butter,  $\frac{1}{2}$  teaspoon carraway essence, 1 oz. Vi-max, 3 oz. light brown sugar, 1 level teaspoon baking powder, 1 egg, milk if necessary. Sift flour and baking powder, mix with the Vi-max. Rub in the butter, mix to dough with beaten egg. Add flavouring to egg. Add a little milk if necessary. Roll out thin. Cut into rounds or squares. Cook on cold tray, moderate oven. It saves time if you brush over the whole piece with beaten egg, sprinkle with castor sugar, then cut into shapes.

### CHEESE BISCUITS

Six ounces of flour,  $\frac{1}{2}$  small teaspoon baking powder, 4 oz. butter, salt and pepper, 2 oz. grated cheese, little milk to mix. Rub butter into the flour, add finely grated cheese, baking powder and pepper and salt. Mix to stiff paste with cold milk and roll to  $\frac{1}{8}$  inch thick. Cut into shapes. Bake in hot oven 7 to 10 minutes till golden brown.

### CHEESE BLISTERS

Half pound flour, 2 oz. butter,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons grated cheese, small egg,  $\frac{1}{2}$  teacup milk. (Cheese may be omitted). Sift together dry ingredients, work in butter, add cheese. With egg and milk make into a firm dough. Roll out thinly, and cut into oblong pieces. Prick with fork, place on greased tins, and bake slowly until a golden brown and crisp. Regulo 5.

### CHEESE AND POTATO BARS

One breakfast cup flour, 1 breakfast cup cooked mashed potatoes, 1 teacup grated cheese,  $\frac{1}{4}$  lb. butter or dripping, small teaspoon baking powder, salt and pepper to season, (marmite, meat extract, sardines and fish paste may be substituted for cheese if liked). Sift together flour, baking powder, salt and pepper. Work in butter, add white of 1 egg beaten with 1 tablespoon milk. Work in potato and cheese and make into firm dough. Roll out and cut into bars or fingers. Glaze with the egg yolk. Bake slowly.

### CHEESE WAFERS

Three ounces grated cheese, 3 oz. flour, small teaspoon baking powder, pinch cayenne, 2 oz. butter, teacup crushed wheat flakes, little salt, white of an egg beaten with 1 dessertspoon water. Cream butter and cheese, mix the dry ingredients in, and make into dough with the white of egg and water. Roll out, cut into shapes, glaze with egg yolk and bake fairly brown in moderate oven.

### COCONUT BISCUITS (NEW)

Four ounces each of butter, sugar flour and coconut, 1 egg. Mix as usual. Pinch off small pieces of dough, and bake as usual.

### COCONUT BISCUITS

Take 6 oz. desiccated coconut, the whites of 2 eggs, 5 oz. powdered white sugar, 1½ oz. cornflour. Beat the whites of the eggs to a stiff froth, add the sugar, coconut, and cornflour. Drop the cakes on wafer paper, and bake in a slow oven for 20 minutes.

### COCONUT BISCUITS

Four ounces flour, 2 oz. sugar, 4 oz. coconut, pinch salt, 1 teaspoon baking powder, 3 oz. butter, 1 egg. Rub butter into flour, add other ingredients, and mix with egg. Place in small lots on greased tray. Bake in moderate oven till light biscuit colour.

### COCONUT HAYSTACKS

Half pound desiccated coconut, ¾ teacup sugar, 1 egg. Mix coconut with sugar, add egg well beaten. Shape with egg-cup dipped in cold water. Drop on to greased oven shelf, and bake 15 minutes approximately.

### CUSTARD POWDER BISCUITS

Two ounces icing sugar, 2 oz. unflavoured custard powder, 6 oz. butter, 3 oz. flour, 3 oz. Vi-max, ½ teaspoon baking powder, pinch salt, ½ teaspoon raspberry or other essence. Cream butter and sugar, add flour, Vi-max etc. and work till pliable. Roll out, cut into shapes. Bake pale brown, moderate oven. Put together with following:—2 tablespoons icing sugar, 2 teaspoons butter, ½ teaspoon vanilla, few drops boiling water, all beaten well together.

### CINNAMON BISCUITS

Four ounces butter, 3 oz. brown sugar, 2 oz. Vi-max, 2 oz. wholemeal, 1 teaspoon golden syrup, 2 oz. walnuts, 1 teaspoon baking powder, 1 teaspoon cinnamon. Cream butter and sugar and syrup. Add dry ingredients. Cook on cold greased trays, 15 minutes, slow oven.

### CRACKNELS (With Powdered Ammonia)

One pound flour, 4 tablespoons shortening, 4 tablespoons sugar,  $\frac{1}{2}$  teaspoon ammonia (bought at chemist) in a little water, 3 eggs. Rub shortening into flour add sugar, then ammonia and beaten eggs. Make into a stiff paste, knead and roll out  $\frac{1}{4}$  inch thick. Cut into rounds. Have a large pan of boiling water on stove and a basin of cold water on table. Drop into boiling water, when they swim and curl, drop into cold water, leave for a few minutes, take out, place on a greased baking tin and bake in a fairly hot oven for  $\frac{1}{4}$  hour.

### CRACKNEL BISCUITS (No Ammonia)

Three ounces butter,  $\frac{1}{2}$  teaspoon salt, 4 eggs,  $1\frac{3}{4}$  lb. flour, about 4 tablespoons water. Sift flour and rub in butter. Make well in centre. Put in eggs and water. Work into smooth dough. Shape into biscuits using finger and thumb of right hand and palm of left. Drop into pan of boiling water; when they float remove with skimmer and put into bowl of cold water for two hours, drain on a sieve. Place on clean trays and bake in a brisk oven until delicate brown.

### CREAM CRACKERS

Rub 2 oz. butter into 8 oz. flour, and  $\frac{1}{4}$  teaspoon salt. Mix with 1 tablespoon cream, and water to make mixture which can be rolled out thinly. Cut into oblongs, prick with a fork, and bake in moderate oven.

### CHOCOLATE FINGERS

Half pound flour, 3 oz. butter, 3 oz. sugar, yolk 1 egg, 1 dessert-spoon cocoa, 1 teaspoon baking powder. Mix all together like shortbread, roll out and cut into fingers. Spread with icing made with white of egg and icing sugar, and sprinkle with chopped walnuts. Bake in steady oven.

## CHOCOLATE BISCUITS

One cup flour, 1 egg, 1 cup coconut,  $\frac{1}{4}$  lb. butter,  $\frac{3}{4}$  cup sugar, 1 tablespoon cocoa, 1 teaspoon baking powder. Cream butter and sugar, add egg, then dry ingredients, roll in short rolls about the size of a little finger, and cook in moderate oven. Leave good space between biscuits, as they go flat while cooking. When cold, ice with chocolate icing and sprinkle with coconut or chopped walnuts.

375° F

## CHOCOLATE BISCUITS (Eggless)

Quarter pound butter, 1 dessertspoon golden syrup, 1 heaped teaspoon cocoa,  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  cup milk with 1 teaspoon bicarbonate or baking soda dissolved in it,  $\frac{1}{4}$  lb. corn-flour, vanilla essence. Cream butter and sugar, add cocoa, then golden syrup, and milk with soda dissolved in it: Lastly add the dry ingredients and a good teaspoon of best vanilla. Roll thin, cut into rounds, bake moderate oven. Stick two together with butter icing.

## CHOCOLATE DREAMS

One-third cup of butter or good cod fat,  $1\frac{1}{2}$  cups flour, 1 good teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 1 heaped cup brown sugar ( $\frac{1}{2}$  lb.), 2 eggs,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{4}$  cake plain chocolate. Mix flour, baking powder and salt together. Cream shortening, and brown sugar, add eggs and beat well. Add dry ingredients, nuts and broken chocolate. Pour into greased tin. Bake in a moderate oven 25 to 30 minutes. When almost cool cut into squares.

## CHOCOLATE DOMINOES

Three ounces flour, 3 oz. sugar, 3 oz. butter, 1 good-sized egg. Cream butter and sugar, add egg, lightly stir in flour. Cook in a quick oven in a square tin. At the same time make a little chocolate sponge using the same recipe, with the addition of 1 oz. of cocoa and a little milk if necessary, to get the mixture to a thick consistency. When they are done, and cold, ice the white sponge with chocolate icing, and the chocolate sponge with white icing. Then decorate as if they were dominoes—divide in half with a thin line, and then put the dots. Of course, chocolate dots go on the white icing, and vice versa.

## CHOCOLATE MARSHMALLOW BISCUITS

Cream  $\frac{1}{4}$  lb. butter and  $\frac{1}{4}$  lb. sugar. Add 1 egg, beat, then sift in  $\frac{1}{2}$  lb. flour and 1 teaspoon baking powder. Make into rounds the size of walnuts, flatten a little, bake till golden brown.

*MARSHMALLOW:* One large cup sugar,  $1\frac{1}{4}$  large cups water, 1 tablespoon powdered gelatine. Boil together for 8 minutes, and whisk till fairly firm. Fluffy and delicious.

*CHOCOLATE ICING:* A cake of good chocolate, 2 tablespoons cream from top of bottle, 1 teaspoon vanilla. Grate chocolate, mix everything and dissolve in double saucepan, or basin in hot water. While warm, pour over marshmallow. Goes nice and smooth.

## CHOCOLATE CHIP SQUARES

One cup butter,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup brown sugar. Cream these well together, add 2 well-beaten egg yolks, 2 cups sifted flour, 1 teaspoon vanilla, a little salt, 1 tablespoon hot water,  $\frac{1}{4}$  teaspoon soda, 1 teaspoon baking powder. Mix in usual way, with baking soda in the hot water. This makes stiff dough. Flatten on cookie sheet, sprinkle over grated Cadbury chocolate. Then over this spread the whites of 2 eggs beaten with 1 cup of brown sugar. Bake about  $300^{\circ}$  for 20 minutes.

## CHOCOLATE ROUGHES

Beat 1 egg with a pinch of salt and  $\frac{3}{4}$  cup brown sugar until thick. Melt 1 tablespoon butter, 1 tablespoon cocoa, 1 tablespoon boiling water and add. Then stir in 1 teaspoon vanilla, 1 cup coconut, 1 large cup rolled oats. Place small heaps on greased tray and cook about 30 minutes in moderate oven.

## COFFEE CREAMS

One heaped cup flour, 1 egg, 1 tablespoon coffee essence, 1 teaspoon baking powder, 2 oz. butter,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon vanilla. Cream butter and sugar, add coffee, vanilla and beaten egg. Then flour sifted with baking powder. Roll into two pieces, spread one with raspberry jam and put the other half on top. Cook in medium oven about 15 minutes. Ice when cold with coffee icing and cut into biscuits.

## DOG BISCUITS

One pound wholemeal,  $\frac{1}{4}$  lb. white flour, 1 dessertspoon salt,  $\frac{1}{4}$  lb. mincemeat. Put the flour into a basin, rub the mince in like butter. Then mix to a stiff dough with cold water, roll out and put on oven slide, marked into squares. Prick with a fork. Bake in slow oven till brown. Sometimes a tablespoon of cod liver oil is added, as it is good for building puppy's bones.

## DOG BISCUITS

Boil a calf's or ox liver in a little water about 20 minutes. Mince and place in oven to dry a little. Measure, and put cup for cup liver and bran, 2 cups pollard, and  $1\frac{1}{4}$  tablespoons salt in bowl. Mix with enough water to dampen so that when squeezed in the hand it forms a little cake. Press into square sandwich trays. Cook slowly  $1\frac{1}{4}$  hours or more. Do not have too wet.

## EXHIBITION BISCUITS

One cup flour, 1 cup sugar, 1 cup wholemeal, 1 cup coconut, pinch salt. Mix these all together. Melt  $\frac{1}{4}$  lb. butter and 1 tablespoon golden syrup in 2 tablespoons of hot water. Add 1 teaspoon baking soda and when frothing mix into dry ingredients. Cut into shapes, bake in moderate oven.

## FLAKE NUTTIES

Beat 2 egg whites until very stiff. Add 1 cup sugar, and  $\frac{1}{2}$  teaspoon salt, and beat till dissolved. Then add, and beat still, 2 tablespoons melted butter, 1 teaspoon vanilla,  $2\frac{2}{3}$  cup chopped nuts,  $2\frac{2}{3}$  cup desiccated coconut, 4 cups corn or wheat flakes. Put in small heaps on greased tray. Bake about 25 minutes in moderate oven.

## FOUNDATION BISCUIT PASTRY

Half pound butter, 1 cup flour,  $\frac{1}{2}$  cup Vi-max,  $\frac{1}{2}$  cup corn-flour, 1 egg, 1 small cup sifted icing sugar, pinch salt,  $\frac{1}{2}$  teaspoon baking powder, flavouring to taste. Cream butter and sugar, add egg. Sift in flour, etc. Roll into balls or roll out flat and cut into shapes. Bake slowly.

Use HANSELL'S MERINGUE WHIP in your cooking

### FRUIT NUT MARSHMALLOWS

Half cup cornflour, 2 level teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 egg, 1 breakfast cup Vi-max,  $\frac{1}{2}$  cup brown sugar, 4 oz. butter, milk to mix. Sift flours, baking powder and salt, and mix with sugar. Add melted butter, then beaten egg, and sufficient milk to make to a stiff mixture. Roll out thin, put on cold greased tray. Mark into squares. Cook about 15 minutes, oven 450°. When cold, stick two together with a layer of minced sultanas and walnuts, blended with honey.

*MARSHMALLOW:* Dissolve 2 teaspoons gelatine in  $\frac{1}{2}$  cup hot water. Let it cool. Add a beaten egg white, some lemon flavouring, and 1 cup icing sugar. Beat and beat till white and thick and creamy. Spread on top of biscuits, and finish with half a walnut.

### FRUIT LUNCHEON BISCUITS

*FILLING:* Boil together 20 minutes 1 cup currants,  $\frac{1}{2}$  cup sultanas and a few prunes if liked, with very little water. Strain, and add  $\frac{1}{2}$  teaspoon spice and 2 tablespoons sugar; mash and let cool.

*BISCUIT:* Boil for 1 minute 1 cup sugar and  $\frac{1}{2}$  cup milk. Allow to cool. Soften  $\frac{1}{4}$  lb. butter, add the sugar and milk mixture, and work in 3 cups flour and 1 teaspoon baking soda dissolved in 1 teaspoon boiling water. Roll out, spread half with the filling, cover with other half, and roll again. Cut into oblong shapes and bake in moderate oven 15 minutes.

### GINGER NUTS (Eltham)

Two and a quarter pounds flour, 1 lb. light brown sugar,  $\frac{1}{2}$  lb. butter, 1 oz. ground ginger, 2 lb. golden syrup. Rub the dry ingredients together well. Then mix with sufficient warmed syrup to make stiff dough. Make into little marbles by rolling pieces of the dough into long thin strips, chopping bits off (as though chopping rhubarb) and roll each one into a little marble. Flatten slightly. Fifteen minutes or less; regulo 5. No rising.

### GRANTHAM GINGERBREADS

One pound flour, 1 lb. castor sugar, 1 oz. ginger,  $\frac{1}{2}$  lb. butter, 1 teaspoon baking soda, 1 egg. Cream butter and sugar by hand. Add egg. Beat. Sift in flour, soda and ginger, and make a stiff

mixture. Roll into little balls, flatten and cook on well-greased tray. Slow oven 20 to 30 minutes. Pale brown. Do not open door while cooking. Should have a little hollow in the middle.

### HEDGEHOGS

Half cup butter, 1 egg,  $1\frac{1}{2}$  cups flour, pinch of salt, 1 tablespoon chopped candied peel if liked,  $\frac{3}{4}$  cup sugar, 2 tablespoons milk, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sultanas or dates, 2 cups wheat flakes. Cream butter and sugar, gradually add beaten egg, then milk, cleaned sultanas, chopped peel, sifted flour, salt and baking powder, and mix evenly. Lift teaspoonfuls of the mixture into the flakes on paper, and toss them till completely covered. Place on buttered baking trays, bake in moderate oven till light brown and crisp. Cool on trays, store in airtight tins.

### HEALTH BISCUITS

Quarter pound butter,  $\frac{1}{4}$  lb. Vi-max,  $\frac{1}{4}$  lb. flour, 1 teaspoon baking powder, 1 egg, 1 teaspoon golden syrup, 3 oz. brown sugar, 1 teaspoon cinnamon, pinch salt. Cream butter and sugar and syrup, add egg, then sifted dry ingredients. Roll out, and cut into shapes. Nice with butter for afternoon tea.

### HOKEY POKEY BISCUITS

Quarter of a pound of butter or good fat,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup sugar, 1 large cup flour, 1 dessertspoon milk, 1 teaspoon baking soda, 1 dessertspoon golden syrup. Melt syrup and milk together and when nearly cold add soda, and beat till frothy. Cream butter and sugar, add frothy mixture, then the flour. Roll in balls, press with a fork. Slow oven, about  $\frac{1}{2}$  hour.

### HONEY BISCUITS

Four ounces butter, 3 oz. honey, 2 oz. raw sugar, 6 oz. wholemeal,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon ground ginger. Beat butter, honey and sugar in basin, mix well, add wholemeal, ginger and baking powder mixed together. Have oven trays cold, put mixture on in teaspoon lots and cook in fairly hot oven 10 to 12 minutes. Leave on trays for a few minutes after removing from oven.

### HONEY GINGER NUTS

One cup honey, 1 cup sugar,  $\frac{1}{2}$  cup melted butter, 2 cups flour, 1 cup chopped nuts, 1 egg, pinch salt, 2 teaspoons baking powder, 2 teaspoons ground ginger. Mix honey, sugar, melted butter and beaten egg. Sift baking powder, ginger, flour, and salt, and nuts, stir into other ingredients. Drop in spoonfuls on a greased tray. Bake in moderate oven about 25 minutes.

### HONEY AND MALT BISCUITS (No Sugar)

Two cups fine Vi-max, 3 tablespoons cornflour,  $\frac{1}{4}$  cup golden syrup, 1 dessertspoon honey, 1 tablespoon malt,  $\frac{3}{4}$  teaspoon baking powder, 1 teaspoon salt, 2 tablespoons butter. Cream butter, golden syrup, and honey, add malt. Mix well, then add dry ingredients, roll into balls and flatten out on tray with fingertips. Moderate oven.

### HONEY AND NUT BISCUITS

Quarter pound butter,  $\frac{1}{2}$  teacup sugar, 1 level breakfast cup flour, 1 tablespoon boiling water,  $\frac{1}{2}$  cup chopped nuts, and make up to  $\frac{3}{4}$  cup with Vi-max, good teaspoon honey, 1 teaspoon baking powder. Cream butter and sugar and honey, and add hot water. Beat well; mix in rest. Make into little balls, flatten. Cold floured tray; 10 to 15 minutes, fairly slow oven.

### HONEY VI-MAX SHORTCAKE (No Sugar)

Six ounces Vi-max, 6 oz. wholemeal or white flour, 8 oz. butter, 4 oz. honey, 1 egg, grated rind of an orange. Cream butter and honey, add rind, egg and flour. Roll out, cut into squares and bake about  $\frac{1}{2}$  hour.

### INDIAN COFFEE CREAMS

Two cups flour,  $\frac{1}{2}$  cup sugar, 1 egg, 4 teaspoons coffee essence, 4 oz. butter, vanilla,  $1\frac{1}{2}$  teaspoons baking powder. Cream butter and sugar, add coffee essence and vanilla, and nearly all the beaten egg. Then flour and baking powder. Roll thin and cut in rounds and shapes, brush half of them with the remainder of the beaten egg, and put a walnut on top. Moderate oven till light brown. Then stick together in twos with this:—1 tablespoon coffee essence, 1 tablespoon of butter, and about  $\frac{1}{2}$  cup icing sugar, or enough to mix.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### JOYCE'S BISCUITS

Quarter pound butter, 2 oz. sugar, 2 teaspoons sweetened condensed milk (heaped). Half teaspoon vanilla, 6 oz. flour, 1 teaspoon cake baking powder. Cream butter and sugar, add milk, etc. Bake in moderate oven Regulo 5.

### KIWI BISCUITS

Quarter pound shortening (butter is best), 2 tablespoons sweetened condensed milk,  $\frac{1}{4}$  cup of sugar, 1 cup flour sifted with 1 teaspoon baking powder, 1 cake Cadbury's dairy milk chocolate, chopped into pieces the size of a pea. Cream the butter and sugar, add the condensed milk, then the flour, and a pinch of salt. Stir in the chopped chocolate. Roll into little balls, place on a cold tray. Press down with a fork dipped in boiling water, and cook in a very moderate oven.

### LANCASHIRE BISCUITS

Quarter pound cornflour,  $\frac{1}{4}$  lb. ordinary flour,  $\frac{1}{4}$  lb. castor sugar,  $\frac{1}{4}$  lb. butter, 1 egg, 1 teaspoon baking powder. Cream butter and sugar well. Then add dry ingredients. Mix to paste. Put in teaspoons on buttered tray; bake. Stick together in twos with jam while still hot.

### LADIES' FINGERS

Three-quarters teacup butter,  $\frac{1}{2}$  teacup sugar, 2 teacups flour, 1 tablespoon milk, 1 egg,  $1\frac{1}{2}$  teaspoons baking powder, essence of lemon. Cream butter and sugar in basin standing over hot water. Add egg, beat 5 minutes. Add dry ingredients, stir well. Roll with floured hands into long pieces, and dust with castor sugar. Cook 10-15 minutes in a moderate oven. While hot, sift over with castor sugar.

### MALT BISCUITS

Four ounces butter, 4 oz. sugar, 1 egg, 1 oz. cornflour, 4 oz. white flour, 4 oz. Vi-max, 1 teaspoon baking powder, pinch salt, 1 tablespoon malt. Cream butter and sugar, add malt and egg, and beat well. Add sifted dry ingredients, knead and roll out. Cut into shapes, and bake in medium oven 15 to 20 minutes.

### MALT BISCUITS

Quarter pound butter, 1 tablespoon sugar, 1 tablespoon malt (plain), 1 tablespoon golden syrup, 1 small teaspoon baking soda, 1½ cups flour (scant). Beat butter and sugar well. Heat, but do not boil, the malt, and golden syrup, and stir in the soda. It will come up frothy and toffee-like. Pour this into the butter and sugar, and add flour. Pinch or roll into balls (not too small). Cook a golden brown.

### MARSHMALLOW BISCUITS

Half cup butter, 1 cup sugar, 2 eggs (small), 2 cups flour, 2 small teaspoons baking powder. Cream butter and sugar, add beaten eggs. Mix in dry ingredients. Roll out thinly, cut into shapes; bake light brown.

*MARSHMALLOW:* Soak 2 dessertspoons gelatine in a cup of cold water for 10 minutes. Put in saucepan with 1 cup sugar and boil for 8 minutes. When nearly cold add a cupful of icing sugar, essence to flavour, and beat till white and firm. Spread on biscuits. Next day ice with chocolate icing, and sprinkle with chopped nuts.

### MOSGIEL WAFERS

Six ounces flour, 8 oz. butter, ¼ teaspoon salt. Mix with milk, stiff like pastry. Roll very thin, cut into squares and prick with a fork. May be turned if necessary.

### MUNCHIES

Mix together 1 cup rolled oats, ¾ cup light brown sugar, 1 cup coconut, ¾ cup wholemeal, pinch salt. Melt ¼ lb. butter, and 1 tablespoon golden syrup together. Dissolve 1 teaspoon soda in 1 tablespoon boiling water. Mix all well together, make into long roll on floured board. Cut into slices, bake on greased tray, moderate oven, 10-15 minutes.

### NUTTY CRISPS

One cup flour, 1 cup coconut, ¾ cup sugar, 1 tablespoon golden syrup, 1 cup rolled oats, ½ teaspoon baking soda, ¼ lb. butter. Mix flour, rolled oats, coconut and sugar together. Melt butter, syrup and milk together. Pour into dry ingredients. Mix well. Cold tray, slow oven. Very nice with ½ cup peanuts added.

### NOVELTY BISCUITS

Place in a bowl, 2 cups coconut, 1 cup chopped raisins and sultanas mixed, 1 cup chopped dates, 1 cup chopped walnuts, 1 tin sweetened condensed milk (use breakfast cups for all measures). Mix all together and make small balls about size of a walnut and bake on a greased oven shelf very slowly for 15 minutes. Pack in a tin—will keep a long time. Can halve or double this quantity. No flour, butter, sugar or eggs.

### OATMEAL HONEY BISCUITS (No Sugar)

One cup flour, 1 cup oatmeal or wholemeal,  $\frac{1}{2}$  cup honey, pinch salt, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. butter. Rub butter into dry ingredients, mix to a soft dough with honey which has been melted in  $\frac{1}{4}$  cup milk. Roll thin. Cut into squares or rounds, and cook in a quick oven.

### ORANGE BISCUITS

Four ounces butter, 2 oz. castor sugar, 1 packet orange jelly crystals, 1 egg,  $\frac{1}{2}$  teaspoon orange essence, 2 oz. coconut, 2 oz. ground rice, 4 oz. flour, 1 teaspoon baking powder, pinch salt. Beat butter, sugar and jelly crystals till light. Add egg and whip. Add flavouring. Sift in dry ingredients. Roll into balls, put on cold tray. Flatten with a fork; bake moderate oven about 15 minutes.

### OVERNIGHT BISCUITS

Quarter pound butter, 1 egg, 1 tablespoon treacle,  $\frac{3}{4}$  cup sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon soda,  $\frac{1}{2}$  cup walnuts, cherries and preserved ginger. Cream butter and sugar, add egg and all other ingredients. Form into two pats like butter and leave all night. Cut very thin next day, and cook in slow oven.

### PASSOVERS

Two cups flour,  $\frac{1}{2}$  teaspoon salt, 3 tablespoons butter,  $\frac{3}{4}$  cup milk filled up with boiling water. Rub butter into flour, then add hot milk and water, and mix to a stiff dough. Roll out as thinly as possible on a well floured board. Put on a hot oven tray, and cook in a quick oven. It is best to roll out small pieces of dough at a time. Place at top of oven to bring up the bubbles.

## PEANUT BISCUITS

Nine ounces flour, 1 teaspoon baking powder, 1 teaspoon golden syrup,  $\frac{1}{2}$  teaspoon vanilla, 1 dessertspoon cocoa, 6 oz. light brown sugar, 2 egg yolks, 1 tablespoon milk, 6 oz. butter, 1 cup minced peanuts. Cream butter and sugar. Mix as usual. Put spoonfuls on cold greased tray—15 to 20 minutes in a good oven.

## PEANUT BUTTER LUNCH COOKIES

Blend thoroughly  $1\frac{1}{2}$  cups sweetened condensed milk,  $\frac{1}{2}$  cup peanut butter, and 3 cups shredded coconut. Drop in spoonfuls on greased baking sheet. Fifteen minutes at  $375^{\circ}$  or until brown—about 30 minutes.

## PEANUT CLUSTERS

Quarter pound butter or shortening, 1 teacup brown sugar, 1 dessertspoon cocoa, 1 egg, 1 level cup flour, pinch salt, 1 teacup wheatflakes, 1 teaspoon baking powder,  $\frac{1}{2}$  lb. roasted peanuts. Cream butter and sugar. Break in egg, add cocoa and dry ingredients, lastly peanuts. Grease scone tray. Place on tray in rocky pieces. Bake in moderate oven.

## PUFFED RICE CRUNCHIES

Cream together 6 oz. butter and 6 oz. sugar. Add 1 beaten egg,  $1\frac{1}{2}$  cups flour, 1 heaped teaspoon baking powder,  $1\frac{1}{2}$  cups puffed rice, and 1 tablespoon chopped walnuts. Flavour with essence, preferably almond. Roll into small balls, put on cold tray, and bake moderate oven about 10 to 15 minutes.

## PUFFED WHEAT BISCUITS

Melt  $\frac{1}{4}$  lb. butter and pour over 1 cup brown sugar, mix well, then add 1 well beaten egg, and 1 teaspoon baking powder, pinch salt. Lastly add 4 cups puffed wheat, mix all together, put small teaspoonfuls on cold greased trays, leave room for spreading, leave on trays until cool. This makes a nice lot, keep in airtight tins. Bake in a moderate oven until a golden brown and crisp.

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Use HANSELL'S TARTARIC ACID in your cooking

## QUEEN BISCUITS

Two oz. flour, 2 oz. icing sugar, a few chopped nuts, dates etc. to decorate, 1 oz. cornflour, 2 oz. fine wholemeal, 2 oz. dripping or lard or vegetable fat, 1 teaspoon vanilla. Sift flours and sugar. Mix essence with creamed fat and rub into dry ingredients, working mixture into a firm stiff dough. Roll small pieces into balls and flatten with a fork on a floured tray, decorating with nuts or dates. Bake in a moderate oven about  $\frac{1}{4}$  hour.

## RATAFIA BISCUITS

Half pound butter,  $\frac{1}{2}$  lb. sugar,  $\frac{3}{4}$  lb. flour, 1 egg, 1 teaspoon baking powder, about 2 teaspoons ratafia essence. Cream butter and sugar, add egg and essence and then flour and baking powder. Work together with the fists. Roll into little balls. Roll in sugar, and stick almond on top, press down. Bake 10 to 15 minutes.

## RAISIN NUT BARS

Quarter cup butter, 1 egg,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon baking soda,  $\frac{1}{2}$  cup golden syrup,  $1\frac{1}{2}$  teaspoons baking powder, 1 cup chopped nuts,  $\frac{1}{2}$  cup milk, 1 cup raisins, pinch salt, 2 cups flour. Cream butter and sugar, add beaten egg, then syrup and milk warmed together. Add dry ingredients, lastly nuts and raisins. Butter a meat dish, spread mixture thinly. Bake  $\frac{1}{4}$  hour fairly quick oven. When cold cut in bars about 3 inches long and  $1\frac{1}{2}$  inches wide—makes about 4 dozen.

## RASPBERRY MERINGUE BISCUITS

Quarter pound butter,  $\frac{1}{2}$  cup sugar, 2 egg yolks,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking powder. Cream butter and sugar, add egg yolks and beat. Mix in flour and baking powder, and make to stiff dough. Roll out, cut into rounds. Put on some raspberry jam, then a teaspoon of meringue made thus, 2 egg whites, beaten stiff with a pinch of salt. Gradually add, and beat in, 1 breakfast-cup sugar and  $\frac{1}{2}$  teaspoon vinegar. Bake moderate oven till biscuit is cooked, and meringue is light brown.

## RUSKS

Two cups flour, 1 small cup sugar, 2 or 3 oz. butter, 1 egg, 2 teaspoons baking powder. Cream butter and sugar, add sifted flour and baking powder, then beaten egg and enough milk to mix to stiff dough. Roll out  $\frac{1}{2}$  inch thick, cut into squares. Bake on greased cold oven slide in fairly hot oven. When cooked, split in half and put back in oven, reduced heat, till crisp and brown. Serve buttered. Very nice with a dash of cayenne and some grated cheese added before cooking.

## SAVOURY BISCUITS

One and a half cups flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon cayenne, 6 oz. butter, 2 oz. mashed potato, 2 tablespoons grated cheese, and milk to mix. Sift dry ingredients, rub in butter and potato, add the cheese, and moisten with milk to make biscuit dough. Turn on to floured board and roll to  $\frac{1}{4}$  in. in thickness. Cut into shapes, glaze with beaten egg yolk. Sprinkle with chopped salted peanuts. Bake moderate oven until pale brown.

## SCOTCH SHORTBREAD

One and a half cups flour,  $\frac{1}{2}$  cup cornflour,  $\frac{1}{2}$  teaspoon salt, 1 cup butter, 1 cup sugar. Sift flour, salt and cornflour together twice. Rub in butter with the hands, then work in the sugar, continually kneading and working until the dough is fine and smooth. Press out  $\frac{3}{4}$  in. thick, cut into shapes, crimp edges with finger. Lift carefully on to tray. If preferred press dough into pie-plate. May decorate with "hundreds and thousands" and chopped nuts. Bake slow oven, not over  $350^\circ$ , from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. May be flavoured with a dash of nutmeg and a little grated orange rind.

## SPIDERS (No Cooking)

Four cups corn or wheat flakes, 1 cup icing sugar,  $\frac{1}{2}$  teaspoon vanilla, 1 cup coconut, 4 tablespoons cocoa,  $\frac{1}{2}$  lb. vegetable fat and 1 cup raisins if desired. Melt vegetable fat and pour over dry ingredients. Mix well, then press into a flat tin and set aside to cool and cut when cold, or put in teaspoon lots on a sheet of greaseproof paper to set. Leave overnight to set. (Must be vegetable fat).

### **SEND-SOME-MORE BISCUITS (For Soldiers)**

Two breakfast cups flour, 4 oz. sugar, 2 eggs, 2 tablespoons coffee essence, 8 oz. butter, pinch salt, 2 small teaspoons baking powder. Cream butter and sugar, add essence. Add unbeaten eggs one by one, flour etc.

*PLAIN:* Make into little balls, flatten and bake about 15 minutes, floured tray, oven about 375°.

*VARIATIONS:* Cut into strips and wrap each piece round a piece of preserved ginger, or round a date filled with an almond.

### **VI-MAX SHORTBREAD**

Five ounces sugar, 8 oz. butter, 1 cup Vi-max, and make up to 1 lb. with flour. Warm the butter slightly, rub in the flour and sugar etc. Cut into shapes, bake moderate oven.

### **VI-MAX TEETHERS (No Sugar)**

One and a half cups coarse Vi-max,  $\frac{1}{2}$  cup flour, 1 tablespoon butter, 1 dessertspoon honey, 1 egg yolk, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, milk to mix. Beat butter, honey and egg yolk together. Add sifted dry ingredients, and mix with milk to a soft dough. Roll out  $\frac{1}{2}$  inch thick, cut into squares and bake for about ten minutes in a good oven. Then remove from oven and split. Return to oven and reduce heat and dry out for a further 10 minutes, or until the rusks are crisp and a pale brown. Store in airtight tin.

### **VI-MAX TREACLE BISCUITS**

Six ounces dripping or butter, 2 cups flour, 1 cup custard powder, 1 cup Vi-max, 2 small cups sugar, 1 cup warmed treacle, 1 dessertspoon ground ginger, 1 teaspoon cinnamon, 1 teaspoon bicarb. soda, 2 eggs. Mix as usual. Put in spoonfuls on cold tray. Moderate oven.

### **WALNUT WAFERS**

Two eggs, 1 cup brown sugar,  $\frac{1}{4}$  teaspoon salt, 1 cup chopped almonds and walnuts mixed,  $3\frac{1}{2}$  tablespoons flour, vanilla flavouring. Beat eggs and sugar well, add salt and nuts, mix well, and add flour, beat well again and flavour. Cut out and bake in moderate oven till a nice golden colour.

## WHOLEMEAL CHEESE BISCUITS (With Marmite)

One cup wholemeal, 2 oz. butter, 4 oz. grated cheese, 1 teaspoon Marmite. One small teaspoon baking powder if desired—may be made without. Rub butter into flour, add cheese. Dissolve Marmite in a little warm milk and water. Stir into dry ingredients, keeping rather dry. Roll out thinly and cut and prick well. Bake in a quick oven.

## YO YO BISCUITS

Six ounces plain flour, 2 oz. custard powder, 2 oz. icing sugar, 6 oz. butter, pinch salt. Sift flour and custard powder, cream butter and sugar, and blend the two mixtures. Make into small balls, put on greased oven slide, press with fork. Bake till pale golden brown in biscuit oven. Put together in pairs with butter icing.

## YUM YUMS

One cup flour,  $\frac{1}{2}$  cup fine Vi-max,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup light brown sugar. Sift flour, add Vi-max, butter and sugar, and blend to a crumbly mixture. Press into a well-greased pan  $11 \times 16$  inches (if you use a smaller one, allow longer time for cooking) and bake at  $375^\circ$  (moderate oven) for 12 minutes. Remove and spread the following over it:—2 eggs, 2 teaspoons butter, 2 cups light brown sugar,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 1 cup coconut, 1 cup nutmeats (walnuts are best), vanilla. Beat eggs, mix with sugar creamed with butter. Sift baking powder, and salt over coconut and nuts and add to sugar and egg mixture. Add vanilla. Mix well. Spread over first mixture. Return to oven and bake at  $350^\circ$  for 30 minutes. Cool slightly and cut into squares. Remove from pan when cold.

HANSELL'S JELLY CRYSTALS FOR BEST RESULTS

or baking house.

In a large cold water place the oven, then cook to for half hour.  
medium heat. When done, add dry ingredients, roll in balls, cook on cold tray, moderate oven.

## SMALL CAKES

### AFGHANS (With Cornflour)

**ORDINARY RECIPE:** Three ounces sugar, 6 oz. flour, pinch salt, 6 oz. butter, 1 tablespoon cocoa, 2 oz. cornflakes. Cream butter and sugar, add dry ingredients. Roll in balls, cook on cold tray, moderate oven.

**VARIATION:** Substitute 2 oz. cornflour for cornflakes or 1 oz. cornflour and 1 oz. cornflakes, and add about 2 tablespoons boiling water when creaming butter and sugar. When cold ice with chocolate icing, and put a piece of walnut on top.

### AFGHANS (Coffee)

Six ounces flour, 6 oz. butter, 2 oz. cornflakes, 3 oz. sugar, 2 tablespoons coffee essence,  $\frac{1}{2}$  teaspoon baking powder. Cream butter and sugar, add essence, and dry ingredients, lastly flakes. Roll into balls, flatten them. Put on cold oven shelf. Cook. Ice with coffee icing, with walnut on top.

## AFTERNOON TEA CAKES

Six ounces flour, 2 oz. cornflour, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. castor sugar,  $\frac{1}{4}$  lb. butter, 1 egg, 3 oz. glacé cherries, little milk. Wash the sugar off the cherries in hot water, and dry them. Sieve flour and cornflour and baking powder. Cut up cherries small. Cream butter and sugar, add egg yolk, then flour, cherries, milk etc. Lastly fold in the stiffly beaten white. Bake in patty pans 15 to 20 minutes.

## ALMOND SHORTBREAD

Ten ounces butter, 1 oz. cornflour,  $\frac{1}{4}$  lb. icing sugar, 1 oz. ground almonds, 12 oz. flour, salt. Cream together the butter and sugar, gradually adding the dry ingredients; work into a firm smooth paste. Roll out evenly on a baking sheet, or cut into shapes as required.

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Use HANSELL'S JELLY CRYSTALS for best results

### ALMOND FINGERS

One breakfast cup flour, 1 egg,  $\frac{1}{4}$  lb. butter, 1 teaspoon baking powder, 2 oz. sugar. Beat butter and sugar to a cream, add yolk of egg and beat well. Mix flour and baking powder together and add to mixture. Paste must be very stiff. Roll out thin. Make icing with white of egg and icing sugar and spread on top of paste. Place chopped almonds on, cut into fingers and bake in moderate oven. If no almonds, flavour with almond essence. Any nuts chopped, could be used.

### AOTEA DATE KISSES

One pound butter,  $\frac{3}{4}$  lb. sugar,  $1\frac{1}{2}$  oz. cocoa, 4 egg yolks,  $1\frac{3}{4}$  lbs. flour, 1 teaspoon baking powder, dates. Cream butter and sugar, add yolks, then cocoa. Then add sifted flour and baking powder. Mix well, roll into little balls, press date in centre, brush with white of egg, cook in moderate oven 15 to 20 minutes. Makes about 84 kisses.

### AOTEA SHORTBREAD

*LARGE QUANTITY FOR CANTEENS:* Two and a quarter pound brown sugar,  $3\frac{1}{4}$  lb. flour,  $5\frac{1}{2}$  lb. butter, 12 cups flakes,  $1\frac{1}{4}$  lb. cornflour. Cream butter and sugar, add flour and cornflour, lastly the crushed flakes. Makes a soft mixture. Form into small balls, place well apart on cold buttered trays, press with back of floured fork. When cooked they are in squares. Bake regulo 3 till nicely coloured about  $350^{\circ}$ .

*SMALLER QUANTITIES FOR HOME:* Seven ounces butter, 5 oz. flour, 2 heaped tablespoons cornflour, 3 oz. brown sugar, 1 cup wheat (or corn) flakes.

### APPLE GEMS

Half cup melted butter, 1 egg,  $1\frac{3}{4}$  cups flour, 1 teaspoon mixed spice, 1 cup sultanas,  $\frac{3}{4}$  cup sugar, 1 cup apples, stewed and allowed to drain, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon ground nutmeg, a pinch of salt, and 1 teaspoon baking soda dissolved in a little cold water. Mix as usual, and cook in hot gem irons, or patty pans.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### APPLE SPICE CAKES

Two tablespoons butter, 4 scant tablespoons sugar, 2 eggs, 1 teaspoon spice, 8 tablespoons flour,  $\frac{1}{2}$  teaspoon baking powder, 1 dessertspoon milk, 2 cooked apples, some thin warm icing, a few chopped almonds or nuts. Cream butter and sugar, add eggs, and beat well. Add flour, baking powder and spice, which have been sifted together. Spread a teaspoon of the mixture in greased patty tin, place  $\frac{1}{2}$  teaspoon cooked apple in centre, and cover with a little of the cake mixture. Bake in fairly hot oven. When cold, cover with pink icing and decorate with the chopped nuts.

### BANBURY CAKES

**PASTRY:** One pound flour, 6 oz. butter or dripping, 1 dessert-spoon sugar, 1 egg yolk, 1 teaspoon baking powder, sufficient milk to mix to paste. Roll out fairly thin, and spread with following mixture. Quarter pound brown sugar and  $\frac{1}{4}$  lb. butter melted together in saucepan, and mixed with 6 oz. currants, 2 oz. sultanas, 2 pieces candied peel grated,  $\frac{1}{2}$  teaspoon each ground cinnamon and nutmeg, and 3 oz. breadcrumbs. Let get quite cold before spreading. Beat up the egg white and spread over the top, sprinkle with a little sugar, mark in squares with the back of a knife. Bake a pale brown. Leave on slide till quite cold before cutting up.

### BATH BUNS

Two and a half cups flour, 1 cup sugar,  $\frac{1}{4}$  lb. butter, pinch salt, 2 eggs, 2 teaspoons baking powder,  $1\frac{1}{2}$  cups sultanas, a little peel,  $\frac{1}{2}$  teaspoon each of spice and cinnamon. Rub butter into flour etc. Mix to a stiff dough with beaten eggs and a little milk. Put in tablespoon lots on cold greased shelf and sprinkle with sugar.

### BUMBLE BEES

One cup chopped dates,  $\frac{1}{2}$  cup walnuts,  $\frac{1}{2}$  cup preserved ginger,  $\frac{1}{2}$  cup figs, 1 cup sultanas or raisins, 1 cup coconut, 1 small tin condensed milk. Mix all together and squeeze into oval shapes, put on a greased tray and bake in a moderate oven till golden brown.

### BERKSHIRE PIGS

Make a short pastry and roll out into little oblong pieces. When stuffed, fold over stuffing with join on top, and pinch along join. Pull out one end to make little tail. Pull out other end to make head, put 2 currants for eyes and one for nose, and stick on tiny ears. Bake till done according to size.

**STUFFING:** Chopped up apple—say 4 tablespoons, 2 tablespoons currants, 1 teaspoon spice, 1 tablespoon brown sugar, 1 teaspoon peel.

### BREADCRUMB CRUNCHIES

One breakfast cup breadcrumbs—white crusts dried and browned in oven and minced—1 breakfast cup flour (may be wholemeal) 1 breakfast cup coconut, 1 small cup sugar,  $\frac{1}{4}$  teaspoon salt, 1 level teaspoon baking soda,  $\frac{1}{4}$  lb. butter, 1 good tablespoon golden syrup. Mix dry ingredients, melt butter and syrup and add. Add milk if necessary. Roll out, and cut into biscuits. Or put spoonfuls on a cold tray, and flatten them.

### BUTTERFLIES

Beat for 15 minutes 4 oz. sugar and 3 eggs. Sift in 4 oz. flour,  $\frac{1}{2}$  teaspoon baking powder and a pinch of salt. Melt 1 dessert-spoon butter in 2 tablespoons hot water, and pour down the side of the basin, and fold in lightly with the flour. Bake in tins or patty cases 10 minutes, middle of fairly hot oven. When cakes are cool, cut out a piece out of the top of each. Cut in two. Fill hollow with cream and replace cake pieces to look like butterflies. Dust with icing sugar.

### BUTTER NUT ROLLS

Quarter pound sugar, 1 teaspoon baking powder, 3 oz. flour,  $\frac{1}{4}$  lb. butter, 1 egg, 3 oz. mashed potatoes. Cream butter and sugar, add egg, work in flour and baking powder, and potato. Roll mixture into balls, and roll them in beaten egg white. Dip in chopped nuts, bake in moderate oven.

### CANDLESTICK BISCUITS (For Children's Parties)

Beat 4 oz. butter and 2 oz. sugar to a cream, add 1 well-beaten egg. Mix in 8 oz. flour, 2 oz. arrowroot (or cornflour) and 1 teaspoon baking powder. Knead well, roll out fairly thin, and

cut in rounds. Bake about 12 minutes. When cold, ice with different coloured icings. In the centre of each biscuit place a marshmallow or similar sweet to act as a candle-holder and insert small candle.

### CALIFORNIA KISSES

Three egg whites,  $\frac{1}{2}$  teaspoon salt, 1 cup powdered sugar, 1 cup chopped nuts, 4 teaspoons cocoa, 1 cup chopped dates. Beat egg whites very stiff. Mix and sift the cocoa, sugar and salt. Fold in the egg whites, then fold in dates and nuts. Drop from spoon on greased pan, and bake in moderate oven about 30 minutes.

### CARAMEL COOKIES (No Cooking)

Boil a tin of sweetened condensed milk in a pot of water for 3 hours, till it becomes a caramel. One tin caramel, 1 cup chopped dates, sultanas, raisins, or any fruits or nuts mixed, 1 tablespoon dry cocoa, 1 teaspoon vanilla essence, and sufficient biscuit crumbs to make a stiff mixture. Roll teaspoonful lots in coconut and leave to set on greaseproof paper. Will keep well.

### CARRAWAY BUNS

Four ounces cold cooked and sieved potatoes, 1 oz. flour, 2 oz. butter, 1 teaspoon golden syrup, 4 oz. ground rice,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  beaten egg, little chopped peel, and a few caraway seeds or essence. Mix flour and ground rice together. Rub in fat, add potatoes, fruit, caraway seeds or essence, egg and syrup. Beat well. Lastly add baking powder, shape into buns, place on greased baking tray. Bake hot oven 15 to 20 minutes.

### CHEESE AND DATE FINGERS

Five ounces flour, 1 egg yolk, 3 oz. butter, 1 tablespoon milk, 2 oz. grated cheese (dry),  $\frac{1}{4}$  teaspoon cayenne, pinch salt. Rub butter into flour, add other ingredients, bind with egg yolk and milk, then roll out and cover one half with dates. Fold over and cut into fingers. Bake about 15 minutes. Make dates soft by adding a little hot water. They must be quite cold before spreading on paste.

### CHERRY NUT SLICES

**PASTRY:** Quarter pound butter, 1 cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sugar, yolk of an egg, pinch of salt. Mix as usual and roll  $\frac{1}{4}$  in. thick on greased paper. Spread with raspberry jam, put on  $\frac{3}{4}$  cup crystallized cherries, and 1 cup mixed chopped nuts. Then put on following filling:—Two ounces melted butter,  $\frac{1}{2}$  cup sugar, 1 heaped cup desiccated coconut, 1 egg and a pinch of salt. Mix well. Bake in slow oven. Cut into squares while still hot. Keep in an airtight tin.

### CHOCOLATE CHINESE CHEWS

One cup sugar,  $\frac{1}{4}$  cup melted butter, 2 eggs, 2 tablespoons milk, 1 teaspoon vanilla, 1 cup flour, 1 teaspoon baking powder, 1 cup chopped walnuts, 1 cup chopped dates, 2 tablespoons cocoa. Melt butter, add sugar, beat; add eggs one by one, then milk, next sifted flour, and baking powder and cocoa; lastly nuts and dates. Spread in pan  $\frac{1}{4}$  in. thick. Put in oven at 375 degrees. Time about 20 minutes. When cooked, cut into squares.

**CHOCOLATE SQUARES**—Same recipe omitting dates.

**CHINESE CHEWS**—Same recipe omitting cocoa.

### CHOCOLATE FANCIES

Melt  $\frac{1}{2}$  cup butter with 2 dessertspoons cocoa. Add 1 cup sugar and  $\frac{1}{2}$  cup flour. Beat. Add 2 well beaten eggs, 1 teaspoon vanilla,  $\frac{1}{4}$  teaspoon salt. Beat well. Spread on greased oven sheet very thinly, sprinkle thickly with chopped nuts. Bake in oven at 400° about 10 minutes. Cut into squares while warm. Work fast as it crisps quickly.

### CHOCOLATE INDIANS

One cup sifted flour, 1 teaspoon baking powder, 2 tablespoons cocoa, 3 well beaten eggs,  $\frac{1}{2}$  cup chopped dates,  $\frac{1}{2}$  cup walnuts, 4 oz. butter, 1 teaspoon vanilla, 1 level breakfast cup sugar. Sift flour once. Add baking powder and sift again. Add butter to cocoa, melt and cool. Beat sugar with eggs until thick. Add melted butter and cocoa, then all other ingredients. Bake in patty tins in quite moderate oven. Mixture is quite wet but not runny. Ice with chocolate icing, and put walnuts on top. May also be cooked in sandwich tins or baked as one cake in meat tin, and cut into squares.

### CHOCOLATE KISSES WITHOUT COOKING

Two ounces grated plain chocolate, 2 oz. ground almonds, 2 oz. castor sugar, 2 oz. crisp plain biscuits, white of 1 egg. Grate chocolate, add sugar and almonds. Put crushed biscuits through sieve. Mix with egg white to a stiff paste. Roll out, cut into rounds, and leave to dry. Stick together with cream or jam.

### CHOCOLATE MAIDS OF HONOUR

Line patty pans with thin flaky pastry. Put on a little jam. 2 teaspoons cocoa, 2 oz. castor sugar, 1 egg, its weight in ground rice and butter, and some almond flavouring. Mix ground rice and cocoa. Cream butter and sugar, stir in the yolk, beat well. Add the ground rice and cocoa and flavouring. Add stiff white and fold in. Put spoonful on top of the jam. Bake hot oven about 15 minutes. Ice with chocolate icing, and put on a piece of nut.

### CHOCOLATE NUT BARS

Quarter pound butter, 1 cup sugar, 1 egg, 2 cups cornflakes, 1 cup flour, 1 cup coconut, 1 cup chopped walnuts, 1 tablespoon cocoa, 1 teaspoon baking powder. Cream butter and sugar, add egg and dry ingredients. Press into shallow cake tin, about  $\frac{1}{2}$  in. thick. Cook 15 to 20 minutes in moderate oven, and leave in tin till cold. Ice with chocolate and vanilla icing, put a few walnuts on top, and cut into bars.

### CHOCOLATE NUT COOKIES

One egg, 1 tablespoon cocoa, 1 cup chopped nuts, 1 cup seeded raisins, 1 cup sugar, 2 tablespoons butter,  $\frac{1}{2}$  cup milk,  $1\frac{3}{4}$  cups flour, 1 teaspoon baking soda, 1 teaspoon cinnamon essence, 1 teaspoon vanilla, pinch salt. Cream butter and sugar, add egg. Mix dry ingredients including soda. Add alternately with the milk. Stir in the raisins, nuts and essences. Put in teaspoons on greased slide, moderate oven.

### CHOCOLATE ROUGHS

Beat 1 egg with pinch of salt and  $\frac{3}{4}$  cup brown sugar until thick. Melt 1 tablespoon butter, 1 tablespoon cocoa, 1 tablespoon boiling water, and add. Then stir in 1 teaspoon vanilla, 1 cup coconut, 1 large cup rolled oats. Place small heaps on greased tray, and cook about 30 minutes in moderate oven.

### CORNFLAKE DATE ROLLS

One breakfast cup cornflakes, 4 oz. flour, 3 oz. butter, 2 oz. sugar, 1 egg, 2 tablespoons milk, small teaspoon baking powder, stoned dates. Cream butter and sugar, add beaten egg and milk. Mix in dry ingredients. Roll out and cut into little rounds. Wrap each one round a stoned date. Brush with milk, dip in castor sugar. Moderate oven about 15 minutes.

### CORNFLAKE MERINGUES

Beat very stiffly 2 egg whites. Add  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon vanilla,  $\frac{1}{2}$  teaspoon vinegar, speck of salt, 2 cups cornflakes and  $\frac{1}{2}$  cup chopped walnuts. Cook teaspoonfuls on cold greased tray.

### CREAM PUFFS

Boil together 1 cup water and  $\frac{1}{2}$  cup butter. When boiling add 1 cup flour. Stir into a smooth paste. Take off the fire. When cold, add 3 unbeaten eggs—beat after each one, and after the third for 5 minutes. Cook on greased tray in teaspoonful lots in a moderately hot oven. Add a pinch of alum after the first mixture is cold.

### CREAM PUFFS (Good)

Four eggs, 1 breakfast cup boiling water, 3 oz. butter, 5 oz. flour. Put butter in enamel pan, pour boiling water over, and when quite boiling, stir in flour till mixture leaves the sides of the pan. A wooden spoon is preferred. Set aside to cool. Stir in eggs, one at a time, unbeaten, and mix till it has a shiny appearance. Add a pinch of alum. Have oven tray very hot; flour it and drop the mixture on with a teaspoon, leaving room for swelling. Do not open oven door for about 20 minutes. Take about half an hour to bake. Moderate oven.

### COCONUT BROWNIES

Quarter pound butter,  $\frac{1}{3}$  cup sugar,  $\frac{1}{2}$  cup coconut,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon golden syrup, 1 dessertspoon cocoa,  $1\frac{1}{4}$  cups flour, 1 tablespoon milk. Cream butter and sugar, add soda dissolved in warm milk, and the syrup. Then add flour, cocoa and coconut. Roll into small balls, place on cold greased trays and press flat with fork. Cook. When cold, stick together with chocolate butter icing.

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Use HANSELL'S FOOD COLOURINGS in your cooking

### COCONUT SHORTBREAD

One and a half cups flour,  $\frac{1}{4}$  lb. butter, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sugar, 1 egg. Rub butter into flour and baking powder, beat egg and sugar well, then add to butter and flour. Mix to a dough with a little water, roll out to  $\frac{1}{3}$  of an inch thick. Spread with apricot or raspberry jam, and place the following mixture on top. Beat 1 tablespoon of butter with  $\frac{1}{2}$  cup of castor sugar. Break in 1 egg and mix well. Then beat in  $\frac{1}{2}$  cup coconut. Bake a golden brown. When cold cut into squares. Keeps well.

### CREAM KISSES WITH MERINGUE

Quarter pound each of butter, sugar, flour and cornflour, 2 eggs, 1 heaped teaspoon baking powder. Cream the butter and sugar, add the eggs well beaten. Then the flour, cornflour and baking powder. Flavour with vanilla. Bake on cold tray in fairly quick oven. Put together with cream and put meringue on top.

### CUSTARD KISSES

Five heaped tablespoons of flour, 1 egg,  $\frac{1}{4}$  lb. butter, 3 oz. sugar, 4 tablespoons vanilla-flavoured custard powder, 1 teaspoon baking powder. Cream butter and sugar, add egg, sift in flour, baking powder and custard powder. Bake in teaspoon lots. Stick together with a nice filling.

### CRUNCH

Six Weetbix, 2 tablespoons cocoa,  $\frac{1}{2}$  cup finely chopped walnuts, 1 cup coconut, pinch salt,  $\frac{1}{2}$  cup whole raisins,  $\frac{3}{4}$  cup icing sugar, vanilla essence, 6 oz. vegetable fat. Must be vegetable fat. Mix all together well, melt fat and pour over. Mix well, and press hard into tin with back of spoon. Pressing hard is the secret. Ready almost immediately.

### CURD CHEESECAKES

One teacup curds (junket beaten and whey drained off), 1 oz. butter, 1 oz. sugar, 1 egg, essence of almonds to taste, 1 tablespoon currants. Cream butter and sugar. Mix with curds, and add other ingredients. Fill patty pans lined with pastry.

### **DATE CREAM BISCUITS**

Four ounces butter, 8 oz. flour, 2 egg yolks, pinch salt, 2 tablespoons cream or milk. Rub butter into flour and mix into a paste with egg yolks and cream. Roll out and cut into small rounds. Bake in a hot oven. When cool, put together with the following, and ice the top: 1 cup dates,  $\frac{1}{4}$  cup hot water, little sugar. Beat till smooth.

### **DATE CRUMBLE**

One and a half cups flour,  $\frac{1}{2}$  cup melted butter,  $1\frac{1}{2}$  cups fine rolled oats, pinch salt, 1 cup brown sugar,  $\frac{1}{2}$  teaspoon soda. Sift dry ingredients, except oats, but including soda. Mix in the melted butter. Add oats. It will be like crumbs. Put half this mixture into a flat cake tin, pat with a spoon, and put on the following filling. Then cover with rest of mixture, and bake golden brown in moderate oven.

**FILLING:** One pound dates cut in pieces, 1 cup brown sugar, 1 cup boiling water or  $\frac{1}{2}$  lemon juice and half water, 1 teaspoon vanilla, pinch salt. Mix and boil, stirring constantly.

### **DOUGHNUTS (Mashed Potato)**

Four tablespoons lard or dripping,  $1\frac{1}{4}$  cups sugar, 4 teaspoons baking powder, 1 teaspoon salt, 2 eggs, 4 cups flour,  $\frac{1}{2}$  cup milk, 1 cup hot mashed potatoes. Cream fat and sugar, add mashed hot potatoes. Beat well. Now add beaten eggs. Sift flour and baking powder and salt. Add this alternately with the milk. Mix well. Cinnamon may be added. Roll out, cut into rounds. Then cut out centre holes (the top of a lemonade bottle may be used for this). Cook in deep boiling fat till light brown. Turn them. Drain, and roll in powdered sugar.

### **EASTER HORSESHOES**

Four ounces ground almonds, 2 oz. coarsely chopped almonds,  $\frac{1}{2}$  oz. ground rice, 4 oz. castor sugar, 3 egg yolks. Mix together the ground almonds, sugar and ground rice. Add beaten egg yolks slowly and mix well. Roll out and cut into strips about 4 inches long. Roll these strips in the chopped almonds, and shape into horseshoes. Then put on sheets of greaseproof or white paper, not too closely together, and bake in a moderate oven about 20 minutes.

### EASTER CAKES

Eight ounces flour,  $\frac{1}{2}$  teacupful currants, 2 oz. butter, pinch salt, 2 oz. lard, 2 tablespoons ground almonds, 1 egg, 1 or 2 tablespoons milk, 1 heaped tablespoon castor sugar. Pour the flour into a bowl, add the salt, then rub in the butter and lard, handling it as lightly as possible. Mix in the almonds, currants and sugar. Beat the egg, add very little milk, and pour into the contents of the bowl, stirring lightly with the blade of a knife. Turn out on to a floured board. Roll very thin, stamp into rounds with a cutter, place on a shallow tin, and bake for 20 minutes in a moderate oven, turning once during the process. Dust thickly with castor sugar before serving.

### FOUNDATION FOR CAKES, BUNS ETC.

Four ounces butter, 4 oz. castor sugar. Cream well together. Add 2 eggs one by one, adding a little of measured flour to prevent curdling. Add 6 oz. flour, 1 level teaspoon baking powder, a few drops of almond and vanilla essences mixed, and lastly 2 tablespoons milk.

*VARIATIONS.* *QUEEN CAKES:* Add 1 oz. more flour and sultanas.

*RASPBERRY BUNS:* Cook in patty tins and put a little raspberry jam in the centre of the mixture.

*CHOCOLATE:* Just add cocoa to foundation.

*PRINCESS:* Add preserved ginger, walnuts and cherries.

*ORANGE SPONGE:* One dessertspoon grated rind—no juice.

*MARBLE:* Divide into 3 parts, colour one pink, one brown, leave one plain.

*LAMINGTONS:* Cook, cut into squares, and dip in icing, roll in coconut.

### FUDGE CAKE (NO BAKING)

A cake of good dark chocolate,  $\frac{1}{2}$  lb. wine biscuits (or arrow-root or malt bars), 1 tin sweetened condensed milk. Melt chocolate in milk over low heat. Add biscuits crushed to the size of a threepenny piece. Press mixture into a greased tin and leave 24 hours or more. Cut into small pieces as this cake is fairly rich.

## FUDGE SQUARES

Beat well 2 eggs. Into this sift 1½ cups flour, 1 teaspoon baking powder, ½ teaspoon salt, 2 tablespoons cocoa, 1½ cups sugar. Add 4 tablespoons melted butter, 1/3 cup milk, ½ teaspoon vanilla, ½ cup chopped nuts. Beat well. Pour into shallow greased tin, and bake moderate oven, 300°, about 35 minutes. When cold, cut into squares.

## FRUIT SQUARES

Eight ounces Vi-max, 4 oz. wholemeal, 1 teaspoon ground ginger, 1 teaspoon cinnamon, 4 oz. butter, 4 oz. light brown sugar, 1 teaspoon baking powder, 1 egg, 1/3 cup milk. Rub butter into flour, Vi-max and sugar, make to dough with the egg and milk. Roll out and put half on cold greased tray. Lay on filling, then put on other half of pastry. Brush over with milk. Cook 40 minutes in oven. Cut hot into squares.

**FILLING:** One cup apple grated with skin, 2 oz. light brown sugar or honey, 1 tablespoon butter, 4 oz. sultanas, 2 oz. bread-crumbs.

## GEMS

Two cups flour, 2 eggs, ½ cup sugar, 1 oz. butter, 1 cup milk, 3 teaspoons baking powder. Beat the eggs and sugar very well, melt the ounce of butter, and add. Then add the milk, then the other ingredients. Have gem irons very hot and grease with butter or lard. Half fill with mixture and cook in a hot oven. Makes 24 gems.

## GINGER KISSES

Quarter pound butter, good ¼ cup sugar, 1 egg, 1 breakfast cup flour, ½ teaspoon baking soda, ½ teaspoon baking powder, 1 heaped teaspoon golden syrup, ½ teaspoon ground ginger, ½ teaspoon cinnamon. Dissolve soda in a little hot water. Mix as usual, and put in teaspoons on a cold floured tray. Cook in moderate oven. Stick together with the following:—2 tablespoons butter, 3 tablespoons sugar, 1 tablespoon boiling water, 1 tablespoon milk, little vanilla. Slightly warm the butter, and cream with sugar. Add boiling water and whip with eggbeater. Add milk, and beat all till thick. Can be used for coffee cake by using hot coffee essence instead of water.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### GINGER GEMS

Melt 2 oz. butter and beat it with 2 tablespoons of brown sugar until thick. Add 1 beaten egg. Beat again. Into  $\frac{1}{2}$  cup milk stir  $\frac{1}{2}$  teaspoon each of cinnamon, ginger and clove essences. Add this to the mixture, then sift in 1 teacup of flour and 2 teaspoons of baking powder and  $\frac{1}{4}$  teaspoon salt. Lastly add 1 teacup each wholemeal and chopped dates. Fold in lightly. Three parts fill hot greased gem irons, and bake about 20 minutes in hot oven.

### GINGER WAFERS (No eggs)

One cup golden syrup,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon ground ginger,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon baking soda, 1 tablespoon boiling water,  $3\frac{1}{2}$  cups (about) of flour or wholemeal. Boil syrup and butter together, cool, then beat in salt, ginger, cinnamon and soda, mixed with the water. Add enough flour to make a biscuit dough, roll out very thin, cut into shapes, and bake in moderate oven, cold tray, about 15 minutes.

### HONEY RAISIN CAKES

Two ounces butter, 1 oz. castor sugar and 1 oz. honey (or 2 oz. honey), 3 oz. flour, 1 egg,  $\frac{1}{2}$  teaspoon baking powder, 1 dessertspoon milk, 2 oz. raisins. Cream butter and sugar and honey, add egg, and beat very well. Stir in other ingredients and chop raisins. Put in greased patty pans—about 20 minutes in medium oven.

### JAM DROPS

Beat 2 large tablespoons of butter and 2 tablespoons sugar, add a few drops lemon essence or lemon juice. Beat in an egg, then add 2 tablespoons milk. Sift in a large cup of flour, and 1 teaspoon baking powder. Place teaspoonfuls on cold slide and bake a light brown in a quick oven. When cooked, make a hole in centre of each with a knife handle, and fill with raspberry jam.

### JELLY CAKES

One cup flour, 1 small teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon baking soda, 2 well beaten eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, flavouring to taste, a little milk. Cream butter and sugar, add

eggs then flour sifted with cream of tartar and soda, then milk and essence. Place in patty tins or paper cases and cook. Make up a red jelly, and when nearly set, dip cakes in, then roll in coconut. One teaspoon baking powder may replace the cream of tartar and soda.

### KLEJNER (Danish Cakes)

Three eggs,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. butter, 3 tablespoons cream, 1 lb. flour, 2 small teaspoons baking powder. Cream butter and sugar, add beaten eggs, and cream, then flour. Mix to a stiff paste, roll out and cut into strips. Make a slit in the centre of each strip, and pull one end through like a knot. Fry a golden brown in deep boiling lard.

### LAMINGTONS

One small cup of sugar, 2 tablespoons butter, 1 egg,  $1\frac{1}{2}$  cups sifted flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup milk. Cream butter and sugar, add egg, milk, lastly flour and baking powder. Bake in flat tin, moderate oven. When cool cut into squares. Put each square on a thin skewer, dip in chocolate icing and roll in desiccated coconut, and put aside to dry. Icing. Heat in saucepan 2 oz. chocolate or cocoa, 2 cups icing sugar,  $2\frac{1}{2}$  tablespoons water, and essence vanilla, and 1 tablespoon butter. Heat but do not boil.

### MERINGUES (One Egg)

One cup ordinary sugar, 2 tablespoons boiling water, white of 1 egg, pinch of salt, pinch of powdered alum. Put all together in basin. Stand basin in meatdish of boiling water, on gas. Beat very well, while water is boiling round the basin in the dish. It comes up like snow. Put in teaspoon lots on greaseproof paper.

### MERINGUES

Two egg whites, 4 oz. castor sugar, 1 level teaspoon baking powder, pinch salt, little extra sugar. Whip whites till so stiff they won't fall out of basin when inverted. Then gently whip in half the sugar, a little at a time. When stiff again, gently fold in the rest of the sugar and the baking powder. Put in dessert-spoonfuls on greaseproof paper laid on greased oven tray. Sprinkle with the extra castor sugar. Takes  $1\frac{1}{2}$  to 2 hours in very cool oven,  $250^{\circ}$ .

### MAORI KISSES (Eggless)

Two heaped tablespoons butter, 4 tablespoons sugar,  $\frac{1}{2}$  cup chopped walnuts,  $\frac{3}{4}$  cup chopped dates,  $\frac{1}{4}$  cup preserved ginger, 1 cup flour, 1 tablespoon cocoa, 1 teaspoon baking powder, few drops vanilla, very little milk. Melt butter, add sugar, milk and cocoa, add sieved flour and baking powder and fruits. Make into small teaspoon-sized balls, cook on cold tray neither greased nor floured. Ten to 15 minutes. Moderate oven  $375^{\circ}$ . Join when cold with vanilla butter icing, or make bigger and ice separately with—

*CARAMEL ICING:* Five tablespoons brown sugar, 3 tablespoons butter, 2 tablespoons milk. Bring to boil for 3 or 4 minutes. Beat till thick. Takes 10 to 20 minutes to beat.

### NUTTY SLICES

Half cup brown sugar,  $\frac{1}{2}$  cup white sugar,  $\frac{3}{4}$  cup butter,  $2\frac{1}{2}$  cups flour, 2 beaten eggs, pinch salt, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon cinnamon, saltspoon of nutmeg, little powdered cloves,  $\frac{1}{2}$  cup nuts and dates. Cream butter and sugar, add eggs, and dry ingredients, etc. Form into a long roll, and cut into slices.

### NENISCHE TARTS

One pound ground almonds,  $\frac{3}{4}$  lb. icing sugar, 3 tablespoons flour, 4 egg whites, custard as below, icing in two colours. Sift ground almonds; icing sugar and flour. Beat egg whites stiffly and add to dry ingredients. Make all to stiff paste. Line tins with this mixture, thinly. Prick with fork, bake in moderate oven till just crisp. Fill with custard, and ice each cake with soft white icing, and soft brown icing.

*CUSTARD:* Two ounces butter, 2 oz. flour,  $\frac{1}{2}$  pint milk, 2 oz. sugar, 2 egg yolks, essence to taste. Melt butter, add flour, stir in till smooth and cook 1 minute. Add milk, stir till boiling, and cook 2 or 3 minutes. Add sugar and yolks, and cook without boiling. Cool and add essence.

### ORANGE CRISPS

Cream together  $\frac{1}{4}$  lb. butter, 1 packet orange jelly crystals and 2 oz. sugar. Add 1 egg and beat. Then add 2 oz. coconut, 2 oz. ground rice, 4 oz. flour, 1 teaspoon baking powder and a pinch of salt. Place pieces on cold greased tray and mark with a fork. Bake in a moderate oven.

### PEANUT COOKIES

Quarter pound butter, saltspoon salt, 1 teacup brown sugar, 1 teacup wheat-flakes, 1 dessertspoon cocoa, 1 teaspoon baking powder, 1 egg,  $\frac{1}{2}$  lb. roasted peanuts, 1 level cup flour. Cream together butter and sugar, break in egg; add cocoa; followed by other dry ingredients, lastly peanuts. Place in rocky pieces on greased scone trays, bake in moderate hot oven.

### PEEP BO'S

Four ounces butter and 4 oz. sugar, creamed. Add 2 eggs and beat, but keep out the white of 1 egg. Work in 6 oz. flour and 6 oz. ground rice and 1 teaspoon baking powder. Divide into little balls, and make a hole in each. Carefully put in a teaspoon of raspberry jam, and close hole. Dip in beaten egg white, dip in sugar, and bake in a quick oven. Will just show raspberry jam when cooked.

### PEPPERNUTS (Danish)

One pound flour, 1 lb. brown sugar, 4 eggs,  $\frac{1}{2}$  lb. butter, 2 teaspoons ground ginger, 1 teaspoon ground cinnamon, 1 teaspoon ground cloves, 2 tablespoons ground almonds. Work well together and roll out in long thin rolls which are then cut into pieces as large as a big hazelnut. Bake a light golden brown.

### POTATO ROCK CAKES

Four ounces potatoes (cooked and sieved), 4 oz. flour, little grated lemon rind or vanilla,  $1\frac{1}{2}$  oz. butter, 1 oz. sugar, 1 oz. fruit,  $\frac{1}{2}$  egg (about) 1 teaspoon baking powder. Method: Rub butter into flour, add potatoes, sugar, fruit and flavouring. Mix all well, then add egg and beat well. Lastly add the baking powder and mix thoroughly. Put mixture in dessertspoon lots on a slightly floured baking sheet. Bake fairly hot oven 15 to 20 minutes.

### POTATO AND CHEESE GEMS

Three cups mashed potatoes, mixed with 1 teaspoon baking powder, 1 cup milk, 2 eggs,  $\frac{3}{4}$  cup grated cheese, salt to taste, and 2 dessertspoons butter. Dissolve butter and salt in milk slightly warmed, then add beaten eggs. Add this to potato and

cheese, stirring in slowly, then drop into well buttered hot gem irons, sprinkle a little flour on top, and bake till browned on top. Split and butter.

### POTATO AND APPLE SQUARES

Bake about 3 large potatoes in oven in their jackets. Peel and mash well. Must be dry. Take 2 breakfast cups of the mashed potato, add 1½ cups flour, 2 large teaspoons baking powder, 2 tablespoons icing sugar, a good pinch of salt. Sift all into mashed potato, add 1 teacup finely grated cheese. Mix to nice dough, roll out, and on one half place slices of thinly cut apples. Sprinkle the apples with a little sugar, fold the other half over, press edges all round, mark off into squares with the back of a knife, prick all over with fork. Bake fairly quick oven about 30 minutes till brown. While hot, spread with butter and sift a little castor sugar over the top.

### QUEEN CAKES

Half pound of flour, ½ cup milk, 4 oz. sultanas, 5 oz. sugar, 5 oz. butter or fat, 2 well beaten eggs, 1 teaspoon baking powder. Cream butter and sugar, add beaten eggs, then the rest. Bake in patty cases, about 15 minutes in fairly hot oven.

### QUEEN CAKES (Scottish)

Quarter pound butter, ¼ lb. sugar, 3 oz. cornflour, 3 oz. ordinary flour, 2 or 3 eggs, ½ teaspoon baking powder. Cream the butter and sugar. Sieve the flours together, and add alternately with the beaten eggs. Add the baking powder last with a little of the flour. Must be baked in patty tins for about 15 minutes in a hot oven. Three ounces currants may be added if liked.

### QUEEN CAKES

One pound flour, ½ lb. sultanas, ½ lb. sugar, ¼ lb. mixed peel, ½ lb. butter, 4 eggs, 1 teacup cream or milk, 1 teaspoon bicarbonate soda, pinch salt, 1 teaspoon lemon essence. Dissolve the soda in the milk. Cream butter and sugar, and mix as usual. To vary, and make cheaper and quite nice too, use dripping or margarine instead of butter, and add 2 teaspoons vinegar. Or, leave out two eggs and add 1 tablespoon of golden syrup and use half wholemeal flour.

### RASPBERRY SQUARES

One cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  lb. butter or fat, 1 beaten egg, and 1 tablespoon milk to mix. Make this pastry mixture as usual, and put into the bottom of a pan about 8 x 8 inches. On top of that spread raspberry jam. On top of the jam spread; 1 cup sugar, butter the size of an egg,  $\frac{1}{2}$  cup coconut,  $\frac{1}{2}$  teaspoon vanilla. This mixture is crumbly—sprinkle it on with the fingers. On top put 2 egg whites beaten stiff, and bake in oven 300 degrees for about 20 minutes.

### RICHMOND MAIDS OF HONOUR

Six ounces butter, 4 egg yolks, 1 oz. finely ground almonds, 1 tablespoon lemon juice, 6 oz. sugar, 1 teacup cream, 1 boiled potato, 1 oz. minced nuts, grated rind 2 lemons, little nutmeg, wineglass brandy (or hot water flavoured with brandy essence). Mix butter and cream. Rub potato to a smooth flour. Then mix all ingredients together. Line patty pans with puff pastry and fill with mixture. Bake as usual.

### SCALLOP SHELLS

Ten ounces flour, 6 oz. sugar,  $6\frac{1}{4}$  oz. butter, 1 egg, 2-3 oz. ground almonds. Work together well until the mixture does not "stick". Roll out thin. Butter some shell-like patty pans and cover with a thin layer of dough. Bake in a medium oven. Cool and fill with a strawberry conserve and whipped cream. No baking powder.

### SNOWBALLS (Delicious)

Three eggs,  $\frac{3}{4}$  cup sugar, 1 cup flour, 2 teaspoons cream of tartar, 1 tablespoon arrowroot, 1 teaspoon bicarbonate of soda, pinch of salt. Beat eggs and sugar. Add the other ingredients. Lastly add  $\frac{1}{4}$  cup of hot water in which 1 teaspoon of butter has been dissolved. Bake in sandwich tins. When cold, cut rounds out with small cutter, put each on a large fork, and dip into mock cream, then roll in coconut.

*MOCK CREAM:* Boil  $\frac{3}{4}$  cup of milk and thicken with 1 tablespoon cornflour. When quite cold, beat in 2 tablespoons sugar and 1 tablespoon butter, which have first been beaten together.

### SHORTBREAD CREAMS

Quarter pound butter, 2 oz. icing sugar, 6 oz. flour, pinch salt, small teaspoon baking powder. Cream butter and sugar, add flour etc. Roll into balls, press down, cook until light brown, and ice with almond icing. Place half an almond on top.

### SHREWSBURY HORSESHOES

Half pound flour, 1 teaspoon baking powder, 4 oz. sugar, 4 oz. butter, 1 egg yolk, or half an egg, a pinch of salt, flavouring if liked—ratafia is nice. Cream the butter and sugar till soft and creamy. Add the egg, work in the flour and flavouring till a nice stiff smooth paste. Take off pieces, roll out about 4 inches long, curve into horseshoe shape, and brush over with beaten egg or egg white. Sprinkle with chopped nuts, cherries, caraway seeds or sugar. Bake slowly about 15 to 20 minutes.

### SOUR CREAM COOKIES

To every cup of sour cream allow  $\frac{3}{4}$  cup sugar. Beat well, and add  $\frac{1}{2}$  teaspoon bicarbonate of soda dissolved in a little cold water. Sift in  $1\frac{1}{2}$  cups of flour. Do not stir, but add 1 cup of raisins,  $\frac{1}{2}$  cup walnuts, and  $\frac{1}{2}$  teaspoon vanilla. Mix well, put in teaspoon lots on cold greased tray. Cook in hot oven about 15 minutes. To vary the recipe, you may add coconut, peanuts or cocoa.

### SPONGE DROPS

Four ounces castor sugar, 2 eggs, 4 oz. flour, 1 teaspoon baking powder. Beat the sugar and the eggs till thick and creamy, sift in the flour and the baking powder, and mix lightly. Put small teaspoons on a cold greased tray, sprinkle thickly with castor sugar, and cook in a moderate oven. Store in airtight tins and put together with cream and raspberry jam a few hours before using.

### STRAWBERRY CREAM BOATS

Four ounces of butter, 4 oz. sugar, 1 egg and 8 oz. flour. Cream butter and sugar, add flour and egg alternately. Roll out very thin, line boat-shaped patty tins. Bake moderate oven till pale gold. When cool, remove from tins, fill with mock or whipped cream, top with strawberries, or any berries.

### SPONGE KISSES

Set a basin over a pan of boiling water. In it beat 2 eggs and 3 tablespoons of castor sugar. Add 4 tablespoons flour,  $\frac{1}{2}$  teaspoon baking powder, few drops of lemon essence. Dust cold greased tray with sifted sugar, drop teaspoon lots on, sprinkle with icing or castor sugar, bake fairly hot oven about 5 minutes. Keep in tins, fill with cream and raspberry jam before serving.

### TANGO CAKES

One large cup flour, 1 small cup sugar, 2 oz. butter, 4 oz. dates (chopped), 4 oz. walnuts (chopped), 1 egg, 1 tablespoon cocoa, 1 teaspoon baking powder, 1 oz. cornflour, vanilla essence. Cream butter and sugar, add egg beaten; sift flour, cornflour, baking powder and cocoa. Stir into the butter and sugar, add dates and nuts. Bake in paper cases 10 minutes in hot oven. Ice with icing made with icing sugar and cocoa dissolved in a little boiling water. Place  $\frac{1}{2}$  a walnut on top of each. These are nice economical small cakes; makes from 20 to 24.

### TOLL HOUSE COOKIES

One cup butter,  $\frac{3}{4}$  cup white sugar,  $\frac{3}{4}$  cup light brown sugar, 2 beaten eggs, 1 teaspoon baking soda dissolved in 1 teaspoon hot water, 1 teaspoon vanilla,  $2\frac{1}{4}$  cups flour,  $\frac{1}{2}$  cup chopped nuts (if obtainable), 2 cakes good dark chocolate, pinch of salt. Cream butter and sugar, add eggs and vanilla, sift in flour and salt, add soda and pieces of chocolate cut the size of a pea. Put in teaspoon lots on cold greased tray, and bake about 15 minutes. Makes a big quantity of different and delicious cookies.

### TRIFLE CAKES

Make biscuit pastry with 3 oz. wholemeal, 3 oz. flour, 3 oz. butter, 2 oz. brown sugar,  $\frac{1}{2}$  teaspoon spice,  $\frac{1}{2}$  teaspoon baking powder, 1 egg yolk. Line patty pans, bake moderate oven 10 to 15 minutes, gas regulo 4; electric oven  $375^{\circ}$ . When cooked put a layer of raspberry jam in the bottom, and fill with following filling; 3 tablespoons cake crumbs, 2 tablespoons sultanas, a little brandy or brandy essence, 2 dessertspoons raspberry jam. Put a little whipped cream on top.

### TEDDIES

One small tin condensed milk, 1 cup chopped walnuts, 1 cup chopped dates, 1 cup coconut. Mix together; roll in coconut and bake on a greased tray in moderate oven 10 to 15 minutes.

### TROUVILLE SHORTBREAD

Eighteen ounces flour,  $6\frac{1}{2}$  oz. castor sugar,  $11\frac{1}{2}$  oz. butter, 2 dessertspoons fresh cream,  $4\frac{1}{2}$  oz. ground roasted hazelnuts. Pound together well the ground nuts and sugar. Rub the butter into the flour, add the nuts and sugar mixture, and make into a dough with the cream. Bake like ordinary shortbread.

### TRUFFLES (No Cooking)

Quarter pound stale plain cake,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. minced peanuts, vanilla flavouring, apricot jam, bar of plain chocolate. Rub stale cake into fine crumbs, add sugar and nuts. Flavour with vanilla and mix to firm paste with warm apricot jam. Shape into round cakes the size of a walnut, and leave in cool place to set. Melt chocolate, and coat each cake with it, then roll in coconut.

### VANILLA SLICES

Eight ounces sifted flour, yolk of 1 egg, squeeze of lemon juice, 1 teacup water, 4 oz. butter, or 2 oz. butter and 2 oz. lard. Rub butter into flour, add water, etc. and mix to a soft dough. Knead lightly. Roll out into a square. Fold top over to two-thirds of square, then bottom over top. Turn with fold to left hand side, and roll again. Repeat folding and rolling twice. Roll out to fit oven tray. Mark into squares with blade of knife. Stand in a cool place for a while before cooking. Bake in fairly hot oven. When cooked, cut in two. Cover half with confectioner's custard. Place other half on top. Ice with soft icing and sprinkle with chopped nuts. Cut into small squares with sharp knife.

*CONFETIONERS' CUSTARD:* Melt in a saucepan 2 oz. butter, add 2 oz. flour and stir till smooth. Add  $\frac{1}{2}$  pint milk, and stir till boiling. Make smooth. Cook two minutes and cool slightly. Add 2 beaten egg yolks. Cook them without boiling. Add 2 tablespoons sugar, and vanilla essence to taste. Spread on pastry.

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### VANILLA SLICES

Make up  $\frac{1}{2}$  lb. good puff pastry as usual. Roll out to about one eighth inch thick. Cut into strips 4 or 5 inches wide. Bake on middle shelf of oven about 15 minutes. Meanwhile make thick custard flavoured with vanilla. Set aside to cool. When pastry is cool, spread custard on one strip, and put second strip over the top. Cover with icing, and cut with sharp knife in pieces about 2 inches long.

### WAFFLES (Excellent)

Two cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons sugar, 2 eggs,  $1\frac{3}{4}$  cups milk,  $\frac{1}{2}$  cup butter. Mix and sift dry ingredients together. Add milk which has been mixed with the beaten egg yolks. Add melted butter. Beat until all lumps have disappeared. Then fold in beaten egg whites. Heat waffle iron. Takes 8 to 10 minutes. Put in small amount of mixture and bake about 3 minutes, or steam until steam has ceased to issue from iron. This mixture will keep if not used up all at once. Makes enough waffles for about 6 persons. Serve with maple syrup, golden syrup or butter.

### WALNUT CRISPS

Quarter pound butter, 1 egg, 2 oz. flour, 4 teaspoons cocoa, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  cup walnuts (chopped), 6 oz. fine Vi-max, vanilla. Cream butter and sugar, add egg etc. Spread in shallow tin one eighth inch thick. Bake in slow oven  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Cut into squares while hot.

## LARGE CAKES

### ALMOND CAKE

Two ounces plain flour, 1 oz. cornflour, 2 oz. butter, 2 eggs,  $\frac{1}{2}$  teaspoon almond essence, 2 oz. cake crumbs, 2 oz. ground almonds, 3 oz. sugar,  $\frac{1}{2}$  teaspoon baking powder. Cream butter and sugar thoroughly. Add ground almonds and cake crumbs. Sift flour and cornflour together, and add alternately with beaten eggs, beating all well. Lastly add almond essence and baking powder. Turn into a greased sandwich tin; 20 to 30 minutes in a moderate oven, about  $400^{\circ}$ .

### ALMOND MADEIRA

Eight ounces butter,  $\frac{1}{2}$  cup milk, 6 oz. flour, 1 teaspoon baking powder, 8 oz. sugar, 6 oz. ground almonds, 1 teaspoon salt, 4 eggs. Cream butter and sugar. Sieve flour and ground almonds etc. Add eggs, then dry ingredients, and bake about  $1\frac{1}{2}$  hours in deep tin.

To make this into *SAND CAKE*, use half cornflour and half ordinary flour, and just ice with plain white icing flavoured with almond essence. Then decorate with a small piece of maidenhair fern in one corner, and little knobs of yellow icing to imitate wattle blossom.

### AMERICAN ANGEL CAKE

One cup egg whites (about 8), 1 teaspoon cream of tartar,  $1\frac{1}{4}$  cups granulated sugar, 1 cup flour measured after having been sifted 5 times, a pinch salt, vanilla or almond essence. Beat whites until firm and stiff, then sprinkle cream of tartar over. Beat until stiff but not dry. Fold in sugar very carefully with a knife, then flavouring. Lastly fold in carefully the sifted flour and salt. Bake in an ungreased tin. Very slow oven 50 to 60 minutes. Rises up slowly. Cool in tin turned upside down. May be iced or just dusted with icing sugar. Nice served with whipped cream—add pineapple to the cream.

### ANNE'S ALMOND CAKE

Half pound butter (small), 4 beaten eggs,  $\frac{1}{2}$  lb. ground almonds, 6 oz. peel (optional),  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. flour,  $\frac{1}{2}$  lb. fruit—sultanas. Cream butter and sugar, add eggs, then flour and ground almonds, lastly fruit. Mix well.

### APPLE CAKE

One breakfast cup brown sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon mixed spice,  $\frac{1}{2}$  cup raisins, 2 well beaten eggs,  $\frac{1}{2}$  cup butter, 1 teaspoon baking soda, 1 cup thinly sliced apples,  $\frac{1}{2}$  cup walnuts. Cream butter and sugar, add well beaten eggs, then flour sifted with soda and spices. Into this stir raisins and nuts. Place half this mixture in prepared tin; then sliced apples, sprinkled with tablespoon sugar and pinch of cinnamon. Next add the remainder of mixture. Put in good oven—about 1 hour. When nearly cooked, sprinkle top of cake with 1 tablespoon of brown sugar, a little cinnamon and nutmeg. Put greased paper on top so sugar won't burn. Take off just before taking cake from oven. Keep 2 or 3 days before cutting. If preferred, fruit and nuts may be omitted.

### APPLE FRUIT CAKE

Do not cut this cake for a fortnight. Have ready  $1\frac{1}{2}$  cups stewed apple, sweetened with  $\frac{1}{2}$  cup sugar, and with 1 tablespoon butter melted into it. Mix together 1 cup brown sugar, 1 tablespoon cocoa, 1 dessertspoon spice,  $\frac{1}{2}$  teaspoon baking soda, 2 large cups flour, lemon peel and dried fruits to taste (about  $1\frac{1}{2}$  to 2 cups). Add the apple mixture, and a little milk if necessary. Line tin with greased paper. Bake in a moderate oven for about  $1\frac{1}{2}$  hours.

### APPLE SAUCE CAKE (No Eggs)

One cup sugar, 1 cup stewed apple (dry and unsweetened),  $\frac{1}{2}$  cup seeded raisins,  $\frac{1}{2}$  cup sultanas,  $\frac{1}{4}$  cup nuts,  $\frac{1}{2}$  teaspoon cinnamon, pinch salt,  $\frac{1}{2}$  cup butter, 2 cups flour, 1 tablespoon peel, 2 level teaspoons soda, 1 tablespoon hot water. Cream butter and sugar, add cold apple, then fruits. Dissolve soda in hot water, add sifted dry ingredients. Put in greased tin, sprinkle nuts on top. Moderate oven, about 1 hour.

### APPLE-MERINGUE CAKE

Half cup shortening, 1 cup brown sugar, 2 egg yolks, unbeaten, 2 cups sifted flour, 1 teaspoon baking soda,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon each of cloves and nutmeg, 1 cup thick, unsweetened apple sauce. Cream the shortening together with the brown sugar, add the egg yolks, blend well. Sift together the flour, baking soda, salt and spices, add to the creamed mixture alternately with the apple sauce. Pour into a greased pan 8" x 12" which has been lined with wax paper; top with the meringue.

*MERINGUE:* Two egg whites,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup nuts, chopped fine. Beat the egg whites until stiff, gradually add the sugar, beat again until the mixture peaks. Spread over the raw batter, sprinkle with the finely chopped nuts. Bake in moderate oven until done.

### ARABIAN SPICE CAKE

Quarter pound butter, 2 eggs,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 cup sugar, 2 tablespoons golden syrup, 1 teaspoon mixed spice, 2 teaspoons baking powder. Cream butter and sugar, add golden syrup, beat, add 1 egg and beat well again. Add other egg seasoned with the spice, beat again. Add milk, and other ingredients sifted together. Stir lightly, put into 2 tins. Bake moderate oven 20 to 30 minutes. When cold, put together with this:

*ARABIAN FILLING:* Three heaped tablespoons butter, 3 tablespoons strong coffee, 1 teaspoon vanilla,  $2\frac{1}{2}$  cups sifted icing sugar, 2 tablespoons dry cocoa. Cream all together, hard, till light and fluffy.

### BANANA SHORTCAKE

Two ounces fine wholemeal, 4 oz. Vi-max, 1 egg, 1 teaspoon baking powder, 2 oz. cornflour, 4 oz. butter, 1 dessertspoon sugar. Rub butter into flour, cornflour and Vi-max and mix with egg. Roll out half on greased tray, spread with cut bananas, sprinkle with lemon juice, a little lemon rind, then a layer of raspberry jam. Now put on the rest of the shortcake, and bake about  $\frac{1}{2}$  hour, moderate oven. Sprinkle with icing sugar, cut while hot.

### BANANA COFFEE CAKE

One and a half cups flour, 2 bananas mashed,  $\frac{3}{4}$  cup sugar, pinch salt,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{4}$  lb. butter, 1 tablespoon coffee essence, 1 small teaspoon baking soda, 1 egg,  $\frac{1}{4}$  cup milk. Cream butter and sugar, add egg and mashed bananas, also essence. Add milk; flour, soda and baking powder all sifted together. Bake about half an hour, ice with coffee icing.

### BANANA NUT CAKE

One and a half cups sugar,  $\frac{1}{4}$  cup butter, 1 cup mashed bananas, 2 eggs, pinch salt, 1 teaspoon baking soda, 4 tablespoons sour milk,  $\frac{1}{2}$  cup chopped nuts,  $1\frac{3}{4}$  cups flour. Beat sugar, butter and bananas; add the soda and eggs. Sift in the flour and salt, beat thoroughly, and add the nuts. Bake in moderate oven about 40 minutes.

### BATTENBURG CAKE

Four tablespoons butter,  $\frac{3}{4}$  cup sugar, 2 egg whites beaten stiffly,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla, 2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt. Cream butter, add sugar gradually, beat till light and fluffy. Add sifted flour alternately with milk. Add vanilla, lastly fold in stiffly beaten egg whites. Divide batter, colour one part pink. Bake in two greased square sandwich tins, moderate oven about 20 minutes. Cool. Cut each into six even strips. Join layers together like chequerboard, with strawberry filling. Cover outside with coconut paste. Leave in cool place 24 hours.

*STRAWBERRY FILLING:* One cup sifted icing sugar, 2 tablespoons strawberry jam, 1 teaspoon melted butter. Beat jam into icing sugar, add butter and sufficient hot water to make smooth spreading paste.

*COCONUT PASTE:* One and a half cups sifted icing sugar,  $\frac{1}{2}$  cup desiccated coconut, 1 tablespoon butter,  $\frac{1}{6}$  teaspoon salt, 2 tablespoons lemon juice,  $\frac{1}{4}$  teaspoon almond essence. Cream butter and sugar, salt and lemon juice. Add sufficient hot water to make smooth paste. Add almond essence, and green colouring. Add coconut and beat well. Should be as thick as possible. Spread evenly on cake.

### BLOCK CAKE

Two heaped cups flour,  $\frac{1}{2}$  lb. butter, 1 cup boiling milk, 3 oz. almonds, 1 lb. raisins,  $\frac{1}{4}$  lb. cherries, 1 cup sugar, 2 well-beaten eggs, 3 oz. peel, 1 lb. sultanas, 1 teaspoon baking soda, 1½ teaspoons vanilla. Rub the butter well into the flour till like crumbs, add the sugar, and mix. Beat the eggs well, add the milk, and put in a saucepan and let get very hot until like a custard. Do not let boil, or you will have a curdled mixture —just very hot. Then take off fire, and let get cool but not too cold. Then pour the custard into the mixed fruit, flour etc. Stir well until blended. Add the soda last dissolved in a little more milk. Bake in a square tin, moderate oven about 2 hours. If a dark cake is required, put in a tablespoon of black currant jam, but very nice as it is.

### BUTTERSCOTCH CAKE

One cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla essence, 2 eggs, 1 small cup sugar,  $\frac{1}{2}$  cup hot milk, 1 tablespoon butter. Beat eggs and sugar well. Add salt and vanilla. Melt butter in milk and add. Add dry ingredients. Mix well and bake in moderate oven 25 minutes approximately. Turn out and allow to cool, then spread with the following mixture:— $\frac{1}{2}$  cup butter (less does quite well), 2 tablespoons cream or top of the milk,  $\frac{2}{3}$  cup brown sugar, 1 cup chopped walnuts (not cut very fine),  $\frac{1}{4}$  teaspoon salt. Mix well. Spread on cool cake and bake under griller, or on top shelf in oven. (The nuts should be browned and the mixture look like butterscotch). The sponge foundation of this recipe can be used with different flavourings, coffee, cocoa.

### CANADIAN DATE CAKE

Two cups flour, 1 cup sugar,  $\frac{1}{2}$  lb. butter, 1 teaspoon bicarbonate soda,  $\frac{3}{4}$  cup cold water, 1 cup dates, 1 cup walnuts, 2 eggs, 1 tablespoon maple or golden syrup. Use breakfast cup for measuring. Cream butter and sugar, add beaten egg. Dissolve soda in water, and pour over dates. Let stand 1 hour. Add this to the creamed sugar, etc. Mix in syrup and flour. Bake 1½ hours, moderate oven in tin lined with buttered paper.

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### CANADIAN ORANGE CAKE

Cream  $\frac{1}{2}$  cup butter, add 1 cup sugar, 2 eggs well beaten, 1 teaspoon vanilla, 1 teaspoon baking soda dissolved in  $\frac{3}{4}$  cup warm water,  $\frac{1}{2}$  teaspoon salt sifted with 2 cups flour. Beat well. Then add 1 whole seedless orange (skin and all), 1 cup raisins,  $\frac{1}{2}$  cup walnuts, all put through mincer. Beat well. Bake in slow oven ( $350^{\circ}$ ) for 50 minutes approximately.

### CARRAWAY AND FRUIT LOAF

Cream 2 tablespoons butter, 2 tablespoons brown sugar, add 1 well-beaten egg, then  $\frac{1}{2}$  cup milk with a small teaspoon carraway food flavouring, well stirred together. Add to the mixture 1 teacup chopped dates, 1 teacup chopped walnuts,  $\frac{1}{2}$  teacup raisins, 1 large cup wholemeal. Lastly, sift in a large cup of flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, and fold all lightly together. If needed, add a little more milk. Have mixture not too dry—nice and soft. Place into well-greased oblong loaf tin. Sprinkle with a few walnuts, press them in a little. Bake in slow oven for an hour; turn out to cool, and let stand overnight before cutting.

### CHERRY CAKE

Wash crystallized cherries by putting into strainer, and pouring boiling water over them. Partly dry them in towel, then put on plate on rack over range to dry. Half pound butter, 4 eggs, 1 lb. flour,  $\frac{1}{2}$  lb. sugar, 2 tablespoons milk, 1 teaspoon baking powder, cherries as liked, washed and dried. Cream butter and sugar, add eggs, stir in the milk, then the sifted flour, etc., cherries dredged with flour. Alternatively, add the cherries to the creamed butter and sugar, then proceed as usual.

### CHILDREN'S BIRTHDAY CAKE

Six ounces butter, 4 eggs, 1 cup stoned dates, 1 teaspoon baking powder, 1 lb. flour,  $\frac{1}{2}$  lb. sugar, 2 tablespoons milk. Cream butter and sugar, sift in flour and baking powder, alternately with beaten eggs and milk. Put half the mixture into the tin, and colour the other half pink. Squeeze the dates into a ball, and roll it out to fit the cake. Lay on the plain half. Then put on the coloured half of the mixture, and bake about an hour. Moderate oven.

**ICING:** One cup sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  oz. butter, boiled together for 7 minutes, stirring well. Add essence and colouring. Beat till creamy and spread hot.

### CHOCOLATE CAKE (Eggless)

One cup sugar, 2 cups flour, 2 teaspoons vinegar, 1 teaspoon baking powder, 1 tablespoon cocoa, 2 oz. butter, 2 teaspoons golden syrup, 1 teaspoon baking soda dissolved in one cup milk. Beat butter and sugar, add syrup, vinegar, then flour and baking powder, and cocoa sifted, and lastly milk and soda. Bake in flat dish and ice with chocolate icing.

### CHOCOLATE CAKE

One tablespoon butter, 1 tablespoon golden syrup,  $\frac{1}{2}$  cup milk, 1 cup flour, 1 tablespoon cocoa,  $\frac{1}{2}$  cup brown sugar, 1 egg,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon baking powder. Cream butter and sugar, add syrup and egg, then milk with soda dissolved in it. Lastly flour, baking powder, and 1 tablespoon cocoa. Bake in one tin in oven  $375^{\circ}$  about half hour. Ice and sprinkle with chopped nuts.

For *COFFEE CAKE* substitute 1 tablespoon coffee essence for the cocoa, and add 2 extra tablespoons flour.

### CHOCOLATE ROLL

Beat 4 oz. fresh butter to cream with the same quantity of castor sugar. Well whisk the yolks and whites separately, of 4 fresh eggs. Then mix well. Now mix with the sugar and butter, and add 4 oz. good plain chocolate mixed to a smooth paste with a little milk, and a drop or two of vanilla. Shake in gradually 4 oz. flour. Beat the mixture well, and pour into a long shallow baking tin, lined with double folds of well buttered white paper, which comes one inch above the tin. Bake in moderate oven about 15 minutes. Turn on to a large sheet of white paper, well covered with castor sugar. Roll up for a minute. Then unroll, and spread with 3 tablespoons apricot jam mixed with the same quantity of ground almonds, and warmed. Roll up again.

### CHOCOLATE INDIAN CAKE

One cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup chopped dates, 4 oz. butter, 1 level breakfast cup sugar, 2 tablespoons cocoa, 3 well beaten eggs,  $\frac{1}{2}$  cup chopped walnuts, 1 teaspoon vanilla. Sift flour, add baking powder and sift again. Add butter to cocoa, melt and cool. Beat eggs and sugar till thick. Add butter and cocoa to sugar and eggs then the sifted flour. It is a wet mixture. Bake in moderate oven in two tins.

**FILLING:** Mince 3 oz. walnuts and 2 oz. crushed wine biscuits; add 3 oz. icing sugar, 1 oz. melted butter,  $\frac{1}{2}$  teaspoon vanilla and enough top milk to make of spreading consistency.

### CHOCOLATE CAKE (Special)

Four tablespoons butter, 6 tablespoons flour, 2 tablespoons ground rice, 2 small teaspoons baking powder, 4 tablespoons sugar, 2 tablespoons cocoa, 6 tablespoons milk, 2 eggs. Beat butter and sugar to a cream, add eggs, and beat well. Then add milk. Then dry ingredients, all sifted together. Bake in two flat tins for about 20 minutes. Do not have oven too hot for a start.

**FILLING:** One and a half tablespoons butter. Beat to a cream with icing sugar; make a half cup of strong cocoa with milk, and beat in with the butter and sugar. Add a little vanilla essence, put in between cake, and top. Put chopped walnuts on top.

### CHOCOLATE CAKE (Foolproof)

Quarter a pound of butter or fat, small teacup sugar, 1 egg, 2 tablespoons golden syrup, 2 cups flour, 2 tablespoons cocoa, 1 teaspoon baking soda, 1 cup milk, essence to flavour, 1 teaspoon baking powder. Beat butter, sugar, and egg. Add melted syrup, then flour and cocoa, sifted. Dissolve soda in milk, add and beat all until smooth and light. Lastly add baking powder, and bake in a moderate oven for  $\frac{3}{4}$  hour approx. Keeps well. About 12 x 9 inch tin.

### CHOCOLATE ROLL (New)

Three eggs, 1 teacup flour, 2 tablespoons warm water, small teacup castor sugar, 1 bare  $\frac{1}{2}$  teaspoon baking powder, 3 teaspoons cocoa. Line swiss roll tin with greased paper. Beat yolks, and sugar, in basin, over pan of warm water, till thick and

creamy. Add water. Stir in sifted flour, baking powder, and cocoa—stir in lightly. Then fold in stiffly beaten egg whites. Pour into prepared tin. Bake in sponge oven about  $375^{\circ}$  12-15 minutes. Turn on to sugared paper, roll up, hold a minute. Unroll, spread with warm raspberry or apricot jam, then roll up again.

### **CHRISTMAS CAKE (1ZR Special)**

Half pound butter, 5 eggs, 1 teaspoon baking powder, 10 oz. flour,  $\frac{1}{2}$  teaspoon each of following seven essences—vanilla, lemon, pineapple, brandy, cherry, almond and any other flavouring at all,  $\frac{1}{2}$  lb. sugar, 2 lb. fruit,  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon curry powder. Prepare fruit, and sprinkle with flour. Put in a warm place while creaming butter and sugar. Also have flour sifted ready, and in a warm place. When butter and sugar are nicely creamed, add eggs one at a time, and sprinkle in a little flour with each egg to prevent curdling. Now add curry powder, then fruit and flour alternately, baking powder last. Quickly turn mixture into well-greased tin, and bake moderate oven for  $3\frac{1}{2}$  hours approximately; oven  $300^{\circ}$  to begin with, and after the first  $\frac{3}{4}$  hour, the heat may be lowered.

### **CHRISTMAS OR BIRTHDAY CAKE (Keeps Well)**

One pound flour,  $\frac{3}{4}$  lb. light brown sugar, 6 eggs, 1 lb. currants,  $\frac{1}{4}$  lb. almonds, large cup milk, 1 teaspoon baking powder,  $\frac{3}{4}$  lb. butter, 4 tablespoons golden syrup, 1 lb. raisins, 1 lb. sultanas,  $\frac{1}{4}$  lb. cherries,  $\frac{1}{2}$  lb. mixed peel. Put baking powder with flour. Now beat sugar and butter to a cream, add eggs one by one, and beat well after each egg. When all eggs are in, add fruit little at a time, and still beat well until all the fruit is used. Warm the milk and golden syrup, and add, and lastly add the flour and baking powder. Bake about 4 hours.

### **CHRISTMAS CAKE**

Half pound butter, 5 eggs, 2 lb. mixed fruit,  $\frac{1}{2}$  teaspoon grated nutmeg,  $\frac{1}{4}$  teaspoon baking powder, 6 oz. castor sugar (brown sugar if darker cake required), 1 wineglass brandy (optional) 10 oz. flour. Line tin with greaseproof paper. Beat butter and sugar to a cream, add eggs one at a time, then add flour and fruit alternately, mixing well. Lastly add brandy if using it. Bake about 3 hours.

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Use HANSELL'S JELLY CRYSTALS for best results

### CHRISTMAS CAKE (No Rising)

One and a half pound flour,  $1\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. raisins, 1 teaspoon spice, 1 lb. sugar, 6 eggs,  $\frac{1}{2}$  lb. currants, peel if liked,  $\frac{1}{2}$  teaspoon soda in 1 cup of milk. Cream butter and sugar, add eggs one by one, beating each five minutes. Milk and soda, then flour and fruit alternately. Put in dish to be baked in, and leave all night. Next day, cook  $4\frac{1}{2}$  to 5 hours in slow oven.

### CHRISTMAS CAKE (Dark)

Threequarter pound butter, 1 lb. flour,  $\frac{3}{4}$  lb. raisins,  $\frac{1}{2}$  lb. lemon peel, 6 eggs,  $\frac{1}{4}$  lb. almonds, 1 small teaspoon baking soda, 6 level tablespoons black currant jam (the secret of the cake)  $\frac{3}{4}$  lb. sugar,  $\frac{3}{4}$  lb. sultanas,  $\frac{3}{4}$  lb. currants,  $\frac{1}{2}$  lb. preserved ginger,  $\frac{1}{4}$  lb. walnuts,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon treacle. Cream butter and sugar, beat eggs one by one and add separately. Then add flour, to which soda and salt have been added. Then work in fruit, treacle, and lastly black currant jam. Grease tin well, line with brown paper and bake  $3\frac{1}{2}$  to 4 hours. Will keep for months, and may be used as a wedding cake. Makes over a 7 lb. cake or can be divided into two cakes for sending overseas. Put in oven at  $350^{\circ}$ , top off, bottom low. Lower the temperature after an hour and leave till cooked. Can cook on stored heat the last  $\frac{1}{2}$  hour. These times are only a guide, and approximate.

### CHRISTMAS CAKE (Ginger Ale)

One and a quarter pounds butter,  $1\frac{1}{2}$  lb. flour, 1 lb. currants, 1 lb. sultanas, 4 oz. cherries, 1 tablespoon glycerine, 1 grated nutmeg, pinch salt, 1 lb. sugar, 12 eggs, 1 lb. raisins,  $\frac{1}{2}$  lb. peel, 4 oz. ground almonds, 2 tablespoons brandy, 1 teaspoon cinnamon, 1 bottle ginger ale. Cut up fruit very fine, and soak all night in ginger ale (a 6d. bottle will do). Cream the butter and sugar, add eggs well beaten, little by little, not to have the mixture curdle, and beat well. Then add flour and spices, fruit and lastly the glycerine and brandy. Cooking: About  $4\frac{1}{2}$  hours. Electric oven, put it at  $400^{\circ}$ , bottom element low; when temp. comes to  $300^{\circ}$  put top element on for a while. For gas oven, same time for cooking, shelf 3 ledges from the top all the time, regulo at 4 for an hour, then down to 2 for the remainder of the time.

### CHRISTMAS CAKE (£100 Prize)

One pound butter,  $1\frac{1}{4}$  lb. flour,  $1\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. seeded raisins, 6 oz. almonds, 2 tablespoons orange marmalade, grated rind and juice 1 lemon, saltspoon salt, 1 lb. sugar,  $\frac{1}{2}$  teaspoon baking powder, 1 lb. currants,  $\frac{1}{4}$  lb. glacé cherries, 2 oz. citron peel, grated rind of 1 orange, 8 eggs,  $\frac{1}{2}$  cup brandy. Prepare fruit previous day. Blanch almonds, cut in two lengthways. Shred citron peel and grate orange and lemon rind. Place all together in a basin, and pour over lemon juice and brandy. Cover closely till needed. Blend butter and sugar till quite smooth. Add eggs one at a time, using a little of the weighed and sifted flour to prevent curdling. Add fruit etc. and flour mixed with salt, a little at a time. Have oven tin ready with 4-fold of white paper lining. Pour in mixture, hollow slightly, and bake very slowly for 6 hours. When thoroughly cool, wrap in greaseproof paper and leave for 3 weeks before cutting. Ice one week before cutting.

*ICING:* One pound icing sugar, 1 egg yolk,  $\frac{1}{2}$  lb. ground almonds, 2 teaspoons lemon juice and water. Roll and sift the icing sugar and mix with almond meal. Add egg yolk and lemon water. Keep it stiff and knead well. Roll out to fit cake, which should be brushed with white of egg. Brush crumbs off cake, press icing gently upon it, and allow to stand two days before covering with Royal Icing.

*ROYAL ICING:* Mix  $\frac{1}{2}$  lb. icing sugar with beaten white of 1 egg, and add a squeeze of lemon juice. Make very stiff, and spread on with knife dipped in hot water. Decorate according to taste.

### CHRISTMAS CAKE (Moist)

One and a half pounds flour, 1 lb. sugar, 10 eggs, 1 lb. butter, 1 lb. currants, 1 lb. sultanas, 1 lb. raisins,  $\frac{1}{4}$  lb. peel,  $\frac{1}{4}$  lb. almonds,  $\frac{1}{2}$  lb. chopped dates, a few figs,  $\frac{1}{2}$  eggcup mixed essences, 1 cup golden syrup,  $\frac{1}{4}$  teaspoon each of mixed spice and cinnamon, 1 teaspoon baking soda dissolved in a little milk. Cream butter and sugar, add 1 egg at a time and mix slowly with hand. Have sifted together the flour and spice, mix in syrup and then flour etc. Also milk and soda. Lastly the mixed fruits. Stir well and pour into lined cake tin and bake about  $4\frac{1}{2}$  hours.

### CHRISTMAS CAKE (Moist)

Half pound butter, 1 cup brown sugar, 3 eggs, 2 tablespoons golden syrup, 2 breakfast cups flour, 2 lbs. mixed fruit, including dates,  $\frac{1}{2}$  cup milk containing  $\frac{1}{2}$  teaspoon baking soda. Beat butter and sugar well, add eggs one at a time, then golden syrup, beating well all the time. Then add flour, fruit and last of all milk with soda. Bake 2 to  $2\frac{1}{2}$  hours. Can double these quantities if liked.

### CHRISTMAS CAKE (Moist)

One pound fruit (or more), 1 cup hot water,  $\frac{1}{4}$  lb. butter, small cup sugar (brown preferred), 1 tablespoon golden syrup, 3 eggs,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder, essence if liked. Simmer fruit in water until all water is absorbed and allow to cool. Cream butter and sugar, add eggs and syrup, lastly mix in flour, baking powder and fruit. Bake approximately  $1\frac{1}{2}$  hours in moderate oven. For a larger cake, double quantities.

### CHRISTMAS CAKE (Moist)

One pound butter, 1 lb. castor sugar,  $1\frac{1}{2}$  lb. flour, pinch salt, 8 eggs, 1 lb. sultanas, 1 lb. currants, 1 lb. raisins,  $\frac{1}{2}$  lb. peel, grated rind and juice of 1 orange, 1 dessertspoon golden syrup. Blanched almonds if possible, a little of any essences, or all essences. Beat butter and sugar to a cream. Add eggs and orange juice and syrup. Mix flour in well, add fruit, which has been slightly floured, lastly add essences and a good dessertspoon of glycerine. Line tins with butter papers and fold half a newspaper and pin it round the outside of the tin (not too high). Place cake tin on cold tray sprinkled with a little salt. Heat oven for a little while, turn to regulo  $1\frac{1}{2}$  for an hour then to 1 for an hour and then right down and leave for 3 hours. Or leave all night at regulo 0.

### COFFEE CAKE

Three ounces butter, 1 tablespoon coffee essence, 3 eggs,  $4\frac{1}{2}$  oz. flour, 1 teaspoon baking powder, 6 oz. sugar,  $\frac{1}{2}$  teaspoon vanilla, 3 tablespoons milk,  $1\frac{1}{2}$  oz. cornflour. Cream butter and sugar, add essence, eggs, flour etc.

### CREAM CAKE

One cup sugar, 1 cup cream, 2 eggs beaten together, 2 cups flour, 1 teaspoon baking powder. Bake 10 minutes in a shallow tin. A safe recipe.

### CRUMBLY TOP CAKE, SPICED

Sift together 2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon nutmeg and  $\frac{1}{4}$  teaspoon cinnamon. Add  $\frac{3}{4}$  cup sugar. Rub in 2 oz. butter, then add 2 unbeaten eggs. Mix well, then add  $\frac{2}{3}$  cup milk, and stir mixture till smooth. Pour into a square tin, then cover with this mixture. Blend 2 oz. butter, 1 cup brown sugar, 4 tablespoons flour,  $\frac{1}{2}$  teaspoon cinnamon and one eighth teaspoon salt, using a fork. This makes a crumbly mixture which is sprinkled on top of the uncooked cake. Half a cup of chopped walnuts added is very nice too. Bake moderate oven from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour.

### DATE SANDWICH CAKE

Four ounces butter, 1 tablespoon golden syrup, 1 breakfast cup wholemeal, 1 cup dates, 4 oz. sugar, 1 egg, 1 bare teaspoon baking powder. Cut up dates, heat with 2 dessertspoons water, simmer till soft, and beat with a fork. Add vanilla to taste. Set aside to cool. Cream butter and sugar, and syrup, pinch salt, add beaten egg, flour and baking powder as usual. Put half mixture in cake tin, spread over the date mixture, put rest of cake mixture. Bake about  $\frac{1}{2}$  hour in a moderate oven. Nice moist cake.

### DEVIL'S FOOD CAKE

Two cups brown sugar,  $\frac{1}{2}$  cup butter,  $2\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons vanilla,  $\frac{1}{2}$  cup cocoa,  $1\frac{1}{2}$  cups sour milk or buttermilk, 2 teaspoons soda. Mix sugar and cocoa together, then cream them with the butter. Put the soda in the milk, and add alternately with the flour to the creamed mixture. This makes two large layers. Put together with the following:-

*CHOCOLATE BUTTER ICING:* Cream  $1\frac{1}{2}$  tablespoons butter and gradually add 2 cups icing sugar. Then 1 tablespoon chocolate, or more or less to taste, and 4 or 5 tablespoons hot milk or cream—to make it the right consistency for spreading.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### DOLLY VARDEN CAKE

Four eggs, 1 teaspoon baking powder,  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  cup sugar. Cream butter and sugar, add beaten eggs, flour and baking powder. Take out enough batter for two sponges, then add to what is left 1 cup mixed fruit. When baked, place the three cakes together with the following mixture:—1 good tablespoon butter,  $\frac{1}{2}$  lb. icing sugar, juice of a good-sized lemon. Cake can also be iced on top if desired.

### ECONOMY CAKE (Without Sugar)

Half pound flour, 6 oz. honey, 3 oz. butter,  $\frac{1}{2}$  teaspoon ground cinnamon, 3 oz. sultanas, 4 tablespoons milk, 1 level small teaspoon baking powder, 1 egg, pinch salt, 1 oz. candied peel, 2 oz. chopped almonds. Sieve together flour, baking powder, cinnamon and salt. Warm the honey and butter, and add to beaten egg and milk. Make a well in the dry ingredients and add the honey etc. mixture. Lastly peel and fruit. Have a cake tin prepared and put mixture in and bake  $\frac{3}{4}$  hour. Can be made into small cakes if liked, bake in patty tins 15 minutes. Ice if liked and sprinkle with chopped almonds.

### EGGLESS FRUIT CAKE

One pound flour,  $\frac{1}{2}$  lb. butter,  $1\frac{1}{2}$  lb. mixed fruit,  $\frac{1}{4}$  lb. preserved ginger, 2 tablespoons treacle, about  $1\frac{1}{4}$  cups milk,  $\frac{1}{4}$  lb. Vi-max,  $\frac{3}{4}$  lb. light brown sugar,  $\frac{1}{4}$  lb. peel if liked, 1 teaspoon baking soda, 1 teaspoon each rum, vanilla, lemon and almond essences. Mix as usual. Keep two weeks before cutting. Makes lovely big cake.

### EGGLESS SPONGE SANDWICH

Blend together 1 tablespoon butter,  $\frac{1}{2}$  cup sugar. Dissolve  $\frac{1}{2}$  teaspoon bicarbonate of soda in  $\frac{1}{2}$  cup milk and water, and add 1 large tablespoon golden syrup. Beat all well and stir in 1 large cup flour, 1 teaspoon baking powder, and 1 teaspoon each of ground ginger and cinnamon, all sifted together. Divide and bake in buttered tins 15 to 20 minutes in good oven.

**FILLING:** One tablespoon each of butter, boiling water and sugar, with vanilla. Beat to a cream.

### EGGLESS FRUIT CAKE

One breakfast cup sugar, 2 breakfast cups mixed fruit—raisins, currants and sultanas, 1 breakfast cup cold water,  $\frac{1}{4}$  lb. butter. Put all in saucepan, and slowly bring to boil—simmer gently 3 minutes, let get cold. Two cups flour, 1 teaspoon baking soda, sifted together and added to mixture. Stir well. Line tin with greased paper, moderate oven. One and a half to 2 hours. Moist, and should keep for weeks.

### EGGLESS SPONGE CAKE

Melt together in a saucepan 1 tablespoon golden syrup,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. butter, and  $\frac{1}{2}$  cup milk. Then add 10 oz. flour, and 1 dessertspoon cocoa sifted. Lastly add 2 teaspoons baking soda dissolved in  $\frac{1}{2}$  cup milk. Bake  $\frac{1}{2}$  hour or a little longer in a moderate oven.

### FEATHER COCONUT CAKE

One and a half cups flour,  $\frac{7}{8}$  cup sugar,  $1\frac{1}{2}$  teaspoons baking powder, 4 tablespoons melted shortening, 1 egg,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup coconut, 1 teaspoon lemon essence. Sift flour, sugar, baking powder. Add shortening and beaten egg to milk, and add to dry ingredients. Mix well, add flavouring and coconut, and bake in greased loaf pan in moderate oven about 45 minutes. Sprinkle with powdered sugar, or ice and sprinkle with coconut.

### FISHERMAN'S CAKE

Quarter pound butter or substitute, 1 cup sugar creamed well, 1 egg beaten, 1 teaspoon baking soda and 1 cup milk well mixed, 1 cup dates, raisins or sultanas,  $\frac{1}{2}$  cup walnuts and 1 orange (whole) all minced together, 2 cups flour. Mix all together and bake approximately  $\frac{3}{4}$  hour. Ice with orange icing.

### FLUFFY EGGLESS SPONGE

One cup white flour, pinch salt, 2 tablespoons butter (melted, not boiled), 1 cup milk, 1 cup wholemeal,  $\frac{3}{4}$  cup sugar, 2 heaped teaspoons cake powder. Sieve flour 2 or 3 times. Add milk gradually to dry ingredients, beating meanwhile. Lastly add the melted butter. Put in meat dish lined with greased paper, bake about 30 minutes.

### FOUNDATION CAKE

Three ounces butter, 5 oz. sugar, 1 teaspoon baking powder, 2 eggs, 5 oz. flour. Cream butter and sugar, add eggs, flour and baking powder.

*PLAIN SPONGE*—Add 3 tablespoons cold milk.

*CHOCOLATE SPONGE*—Add 2 dessertspoons cocoa mixed with 3 tablespoons boiling water.

*ORANGE CAKE*—Add only rind of orange—use juice for icing. Sultanas, etc. may also be added.

### FRUIT CAKE (The Best in the World)

Two cups butter, 2 cups light brown sugar, 7 eggs, 4 cups flour, 2 teaspoons mace, 2 teaspoons cinnamon, 2 teaspoons baking powder, few grains salt, 2 tablespoons fruit juice, 2 tablespoons milk, 2 lb. currants, 1 lb. nuts, 2 lbs. raisins,  $\frac{1}{2}$  lb. dates,  $\frac{1}{2}$  lb. peel. Cream butter. Add sugar gradually and beat for 5 minutes. Beat egg yolks until light and lemon-coloured and whites until stiff and dry. Add these to the butter and sugar mixture. Add milk, fruit juice, chopped nuts, and fruit that have been rolled in flour. Lastly add well sifted dry ingredients. Beat mixture thoroughly, and place in deep, round cake pan lined with several thicknesses of oiled paper. Bake 4 hours or longer with oven at  $325^{\circ}$  to begin with.

### FRUIT CAKE (Honey—No Eggs)

One pound flour,  $\frac{1}{2}$  cup dripping, 1 teaspoon essence, 1 cup boiling milk, 1 teaspoon baking soda, pinch of salt, 2 lb. mixed fruit, 1 cup melted honey, 2 tablespoons golden syrup, 2 teaspoons lemon juice. Rub dripping into the flour, add honey, syrup and essence. Put soda into boiling milk and add to other mixture, add fruit and mix. Bake 2 hours in moderate oven.

### FRUIT CAKE (Light—Very Moist)

Three quarter pound flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar, 1 lb. mixed fruits, 3 eggs, 1 teaspoon baking powder, 1 cup water, 1 dessertspoon cornflour. Make a sauce of cornflour and water and let cool and add alternately with flour to beaten eggs and sugar and butter. Add fruit, and bake  $1\frac{1}{2}$  hours.

### FRUIT CAKE (Ship's—One Egg)

Half a pound of butter,  $\frac{1}{2}$  cup sugar, 1 egg, 2 large cups flour, 1 teaspoon vinegar, 1 tablespoon golden syrup, 1- $\frac{1}{2}$  lb. mixed fruit, 1 tablespoon raspberry jam, 1 teaspoon baking soda dissolved in 1 cup milk. Cream butter and sugar, add egg and beat, add golden syrup, jam and vinegar, then flour and fruit, and lastly, soda and milk. Bake slowly  $2\frac{1}{2}$  hours in moderate oven.

### FUDGE CAKE

One pound crushed wine biscuits or any stale crushed up cake. Melt  $\frac{1}{2}$  lb. butter and about 1 cup of sugar; add 2 beaten eggs. Heat up till like honey. Then add the crumbs, press into a cake tin, and leave till next day. Ice with chocolate icing, and put some nuts on top.

### GENOA CAKE

Half a pound eggs (generally 4 eggs),  $\frac{1}{2}$  lb. butter, 10 oz. flour, essence of lemon,  $\frac{1}{2}$  lb. sugar, 1 lb. currants,  $\frac{1}{2}$  lb. candied peel. Mix in usual manner.

### GINGER CAKE

Four ounces butter, 2 eggs,  $\frac{1}{2}$  cup milk, 2 teaspoons cinnamon, 2 teaspoons ground ginger, 1 teaspoon baking powder, 4 oz. sugar,  $\frac{1}{2}$  cup golden syrup,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons spice,  $\frac{1}{2}$  teaspoon nutmeg, or to taste, 2 good cups flour. Cream butter and sugar, add eggs, then syrup warmed a little. Then add milk, and all the dry ingredients, and lastly 1 teaspoon of baking soda in  $\frac{1}{2}$  cup boiling water. Makes a nice ginger cake. Ice with coffee icing with pieces of preserved ginger cut small.

### GINGERBREAD WITH SOUR MILK

One cup seedless raisins, 1 teaspoon ground ginger, 2 cups flour, 1 good teaspoon baking powder,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  cup black treacle,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup sour milk, 1 large egg, 4 oz. butter or shortening, 3 oz. sugar. Cream butter and sugar, beat in egg, then treacle and mix well. Beat soda into sour milk and add. Stir in flour, ground ginger, and baking powder, and lastly add raisins. Spread on well greased and floured shallow tin, and bake 35 minutes approximately, oven not too hot. Moist, light and fruity—sour milk keeps cake moist without heaviness.

### GINGER SHORTBREAD

Half pound flour, 4 oz. butter, 3 oz. sugar, yolk of one egg, 1 small teaspoon ground ginger, pinch salt. Rub butter into dry ingredients, finely, then stir in beaten yolk, and 1 teaspoon milk. Use wooden spoon to mix, then knead and make paste soft and pliable. Roll out  $\frac{1}{4}$  inch thick, cut into fingers and bake slowly on greased oven slide till a delicate biscuit colour.

### GOLD CAKE (Economical—Egg Yolks)

Two cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  cup butter or other shortening, 1 cup sugar, 3 egg yolks,  $\frac{3}{4}$  cup milk, 1 teaspoon vanilla,  $\frac{1}{4}$  teaspoon salt. Sift flour, and measure. Add baking powder, and salt, and sift twice more. Cream butter, add sugar gradually, and cream until light. Beat egg yolks till very light, and add to sugar mixture. Next add flour and milk alternately. Beat after each addition till smooth. Add flavouring and beat. Bake in greased pan about  $250^{\circ}$  to  $300^{\circ}$  for 50 to 60 minutes.

**FROSTING:** One tablespoon grated orange rind, 3 tablespoons butter, 3 cups sifted sugar, 2 tablespoons lemon juice, 1 tablespoon water, pinch salt. Add orange rind to butter and cream well. Add 1 cup sugar gradually. Mix water and lemon juice and add alternately to mixture with other 2 cups sugar. Beat until smooth. Add salt. Cover top and sides as well.

### HONEY ROLL

Four ounces flour, 2 oz. sugar, 1 large tablespoon honey, 3 eggs, 2 tablespoons hot water, 1 teaspoon cinnamon, 1 teaspoon baking powder. Beat eggs and sugar well, add honey. Add sifted flour, baking powder, and cinnamon. Then add the hot water. Bake about 10 minutes in quick oven, turn out quickly on damp cloth, and trim off edges, roll up in cloth and allow to stand 2 minutes. Unroll, and roll up without cloth. When cold, fill with the following (or whipped cream):—4 oz. icing sugar, 1 dessert-spoon butter, 1 dessertspoon honey, 1 teaspoon lemon juice. Beat all together. A few chopped nuts may be added.

### HAZELNUT CAKE (No Flour)

Threequarter pound ground hazelnuts, 4 eggs, 6 oz. sugar, 1 teaspoon baking powder. Beat eggs, add sugar, beat again. Add hazelnuts and baking powder. Bake in square tin, moderate oven, about 40 minutes. Ice with caramel icing—1 cup brown sugar, 1 tablespoon butter, 2 tablespoons milk. Boil for 3 minutes, take off fire, add vanilla, and beat.

### JELLY CRYSTAL CAKE (Aroha-nui)

Quarter pound butter, 3 eggs, 8 oz. flour, flavouring, 3 oz. sugar, 4 tablespoons milk, 1½ teaspoons baking powder, 2 tablespoons red jelly crystals. Cream butter and sugar, add beaten eggs a little at a time. Put some flour if curdling. Add milk and more flour. Sieve rest of flour with baking powder and add. Last of all stir in the 2 tablespoons red jelly crystals. Bake in square tin about ½ hour. Can be iced and sprinkled with red jelly crystals. It comes out with a pretty flecky effect, and can also be used for small cakes in paper cases.

### LINDY LOU'S FRUIT CAKE

One pound flour, 4 oz. sugar, 8 oz. currants, 2 oz. lemon peel, 2 eggs, about a teacup of milk, ½ lb. butter, 4 oz. golden syrup, 8 oz. sultanas, almonds if liked, ¼ teaspoon baking soda. Dissolve sugar in milk; sieve flour and soda, rub in butter till like breadcrumbs; add peel and fruit. Beat up eggs and add melted syrup to them. Then put sugar and milk in with that. Combine, and BEAT WELL. Moderate oven, 2 hours.

### LOG ROLL

Cream 3 oz. butter and 3 oz. castor sugar. Add 3 eggs one at a time, beating well. Sieve (3 times) 4 oz. flour, and 1 teaspoon baking powder, and fold into mixture. Add a little milk if required. Pour into flat baking tin lined with greased paper, bake hot oven ten minutes. When cooked, spread with warm apricot jam and roll. Leave till cold. Ice cake with following:—

**ICING:** Cream 4 oz. butter with 9 oz. sifted icing sugar. Dissolve 2 oz. grated chocolate, 2 tablespoons milk, and vanilla essence, and add to butter mixture. Stir well.

### LOG CAKE

Twenty-four malt biscuits, icing sugar, 1 egg,  $\frac{1}{4}$  lb. butter, 1 tablespoon cocoa. Have ready some icing sugar, free from lumps. Melt the butter to a liquid, add the beaten egg, then the essence, cocoa, and sufficient icing sugar to make of nice spreading consistency. Beat well together. It is nice done in a double saucepan. Place four biscuits end to end, cover with a thin layer of icing, then lay four more biscuits on top and cover again with icing, just like bricks and mortar. Continue till the biscuits are used up—there should be six layers. Then ice all over, and if liked, sprinkle with chopped nuts. If the icing begins to harden in the basin before it is all spread, pop it back into the boiling water for a few minutes. Leave 2 or 3 days before cutting, and cut thin slices.

### LOUISE CAKE

Eight ounces flour, 4 oz. butter,  $1\frac{1}{2}$  oz. sugar, 3 eggs, 1 level teaspoon baking powder. Cream butter and sugar. Add egg yolks and beat well. Add flour and baking powder. Spread in a flat tin about 10 inches square. Spread with raspberry jam. Beat the egg whites very stiff and add 6 oz. sugar ( $\frac{3}{4}$  breakfast cup) and 3 oz. desiccated coconut ( $1\frac{1}{2}$  teacups). Spread on top of cake and bake  $\frac{1}{2}$  hour in moderate oven. Cut into squares while hot.

### MACAROON CAKE

Four ounces butter, 3 egg yolks,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder, 4 oz. sugar, 1 teaspoon vanilla, 6 oz. flour, pinch of salt. Cream the butter and sugar, beat the egg yolks well, and add to them the milk, and vanilla, mixing well. Add this to the creamed mixture. Fold in the sifted flour, baking powder and salt. Spread in a flat greased tin and cover the top with the following macaroon mixture. Three egg whites (beaten), 4 oz. sugar, 1 cup coconut. Bake at  $400^{\circ}$  for approximately 40 minutes.

### MADEIRA (Good)

Three eggs, 6 oz. sugar,  $1\frac{1}{2}$  teaspoons baking powder, 6 oz. butter,  $\frac{1}{2}$  lb. flour, essence of lemon. Cream butter and sugar well, add eggs one by one, beating well. Sift in flour and baking powder. Bake moderate oven.

### MADEIRA (Show Winner)

Half pound butter, 6 oz. sugar. Cream well together, then add 4 eggs one at a time beating well. Add 10 oz. flour sifted with 1 teaspoon baking powder, 2 teaspoons lemon juice, and grated rind 1 lemon.

### MARBLE CAKE

Cream thoroughly 1½ cups sugar, ½ lb. butter slightly warmed; then add 4 eggs one at a time, beating each one thoroughly. Sift in 2 cups flour (not heaped), add pinch salt to flour before sifting, and 1½ teaspoons baking powder. Grease cake tin, and flour it lightly after greasing. Divide mixture in two parts, add to one of these 1 large tablespoon of ground allspice, mix well in. Place alternate spoonfuls of two mixtures in cake tin, bake in moderate oven 1 hour.

### MARZIPAN CAKE

In a warm basin, cream 6 oz. butter and 6 oz. castor sugar. Add 8 oz. flour, 1 teaspoon baking powder, and a pinch of salt—all slightly warmed. Sift in alternately with 3 beaten eggs, and ½ teaspoon almond essence. Bake in 2 sandwich tins about ½ hour. When cold, spread each half thinly with strawberry jam, then stick together with a thin layer of almond paste.

### MOCHA SPICE SANDWICH

Half a cup of butter, ¾ cup sugar, 2 eggs, 2 tablespoons treacle, ¾ cup milk, 2½ cups flour, 2½ teaspoons baking powder, 1 teaspoon cinnamon, ½ teaspoon mace, good pinch ground cloves. Cream butter, add sugar, and cream again. Add eggs one by one, beating thoroughly. Add treacle and blend. Add flour alternately with milk—flour sifted with other dry ingredients. Bake in two greased 8 inch square tins, moderate oven 25 to 30 minutes. When cold spread frosting between layers, and all outside. Sprinkle with chopped nuts.

**FLUFFY MOCHA FROSTING:** One tablespoon butter—beat to a cream. Add 2 cups sifted icing sugar, 1 tablespoon cocoa, ¼ teaspoon salt, ½ teaspoon vanilla, about 2 tablespoons strong coffee. Beat until smooth and spreading consistency. Add more coffee if necessary.

## NAPOLEON CREAM CAKE

One pint cream, 2 tablespoons icing sugar, 2 tablespoons cold water, 2 dessertspoons gelatine, 1 egg white stiffly beaten with 1 teaspoon vanilla. Beat  $\frac{1}{2}$  cream, not too stiffly; and add beaten egg white; don't beat any more but just leave that aside. Now take other  $\frac{1}{2}$  of cream and place in saucepan with icing sugar and gelatine dissolved in cold water. Keep warm until gelatine is dissolved. If you boil this it will curdle. Now let this cool. Beat and when it starts to get thick add the other cream and whip. Turn out into a wetted tin 7 in. by 7 in. and when set place between two layers puff pastry and ice with vanilla icing.

## ORANGE CAKE

Four ounces butter, 2 tablespoons milk, 4 oz. sugar, 1 teaspoon baking powder, 6 oz. flour, grated rind of an orange, 2 eggs. Cream butter and sugar, break in eggs one by one. Beat well. Add flour and milk, etc. Bake in greased tin about 15 minutes, moderate oven. Make icing with orange juice.

## ORANGE SPONGE

Half pound flour, 6 oz. sugar,  $\frac{1}{4}$  lb. butter, 3 egg yolks, juice of 2 oranges and grated rind of 1, 1 teaspoon baking powder. Cream butter and sugar. Add egg yolks, and mix in all dry ingredients. Divide and bake in 2 round sandwich tins about 20 minutes. Flavour some icing sugar with orange juice, and put a thick layer between the cakes. Spread a thin layer over the top and sprinkle with grated orange rind.

## ORANGE CAKE (No Fat)

Beat 3 eggs with nearly a breakfast cup of sugar for 10 minutes (all the beating need not be done at once). Add the juice and grated rind of an orange and beat again. Then add 1 heaped breakfast cup of flour, 1 teaspoon baking powder, and a pinch of salt. Bake in a greased tin in a fairly hot oven  $400^{\circ}$  for about 30 minutes.

### ORANGE COCONUT CAKE

Four ounces flour, 4 oz. sugar, 1 teaspoon baking powder, grated rind of orange, 4 oz. butter, 2 eggs, 1 tablespoon orange juice, 2 tablespoons desiccated coconut. Cream butter and sugar, add beaten eggs, then dry ingredients as usual. Bake about 20 minutes Regulo 5 to 6 if gas, if electric 375, bottom medium, top low. A very light and soft cake. Ice with butter icing.

### PAVLOVA CAKE

Four egg whites,  $\frac{3}{4}$  cup castor sugar, 1 teaspoon cornflour, 1 teaspoon vinegar, few drops vanilla, pinch salt. Whisk eggs and sugar in a dry basin for ten minutes with a very strong egg whisk. Add vinegar, then cornflour, vanilla and salt. Beat stiff enough to stand when cut. Line a tin with well buttered paper, or bake in paper alone, formed into a high-sided container. Put into  $250^{\circ}$  oven, and turn off the heat. Leave until cold. Cover with strawberries and cream, or chopped raisins soaked in sherry or whisky.

### PEACH BLOSSOM CAKE (Egg-whites Only)

One cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk,  $1\frac{1}{4}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 3 egg whites, 1 teaspoon cornflour, lemon essence, little cochineal. Cream butter and sugar, add the egg whites beaten stiff, sift in flour, baking powder, and cornflour. Add essence of lemon. Divide mixture into two parts, colour one pink. Put in square tin, spoonful of white beside spoonful of pink. When cut and cooked, looks like pink and white blossoms. Moderate oven  $\frac{3}{4}$  hour. When cool, ice with pale pink icing.

### PORCUPINE CAKE

This is a rich luxury cake. Cream together  $\frac{1}{2}$  lb. butter and 1 large cup icing sugar. Beat 6 egg yolks, 1 tablespoon strong coffee,  $\frac{1}{2}$  teaspoon vanilla. Add this gradually to creamed mixture. Place  $1/3$  of this mixture on cake dish, arrange in oblong shape, and cover with 12 lady-fingers. Place rest of mixture on top, smoothing all to resemble cake. Split  $\frac{1}{2}$  lb. salted almonds, and stick in top of cake as closely together as possible, points upwards. Place in ice chest for 6 hours or more. Cut in squares to serve.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### PATCH CAKE

Three and a half cups flour, 8 to 10 oz. butter, 1 cup milk, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon nutmeg, 1 tablespoon cocoa,  $\frac{1}{2}$  teaspoon vanilla, 2 cups sugar, 4 well-beaten eggs, 3 tea-spoons baking powder, 1 teaspoon spice,  $\frac{3}{4}$  cup chopped seeded raisins, 2 tablespoons golden syrup. Cream butter and sugar, add well-beaten eggs. Then sift in flour, baking powder and salt; mix. Add milk, mix well and divide batter into two. Leave one plain; add spices, syrup, raisins, and cocoa to second half. Have a square cake tin greased and lined ready, and put batter in, in alternate spoonfuls of each mixture. Bake in moderate oven  $1\frac{1}{2}$  to 2 hours. When cold ice with plain butter icing, flavoured slightly with vanilla.

### PARKIN (YORKSHIRE)

Half pound oatmeal,  $\frac{1}{2}$  lb. flour, 1 lb. treacle,  $\frac{1}{4}$  lb. lard,  $\frac{1}{2}$  oz. ground ginger, 1 teaspoon sugar, 1 tablespoon milk, 1 teaspoon bicarbonate of soda. Rub the lard into the oatmeal and flour, add the ginger and sugar. Warm the treacle until it is runny, dissolve the soda in the milk, mix all the ingredients together. Have a flat tin lined with paper. Bake in a moderate oven for  $1\frac{1}{4}$  hours. When done, cut into squares.

### PRUNE WHOLEMEAL CAKE

One and a half cups wholemeal,  $\frac{1}{4}$  lb. butter, 4 tablespoons prune juice, 1 cup cooked chopped prunes, 1 cup brown sugar, 3 eggs, 1 teaspoon baking powder. Cream butter and sugar, add eggs, and beat thoroughly. Add dry ingredients, then prune juice, and prunes last. Steady oven,  $\frac{3}{4}$  to 1 hour. Ice with icing made from 1 tablespoon prune juice, 1 tablespoon lemon juice, 1 tablespoon melted butter, and icing sugar to make stiff.

### PUMPKIN SULTANA CAKE

Two cups flour, 1 cup sugar, 1 cup cold mashed pumpkin,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  cup milk, 1 cup sultanas, 2 teaspoons baking powder, chopped peel if liked, essence of lemon. Beat butter and sugar to a cream; add well mashed pumpkin and beat again, add sultanas, then sift in flour and baking powder. Then add milk and essence. Mix thoroughly, and bake about  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, moderate oven.

### RAISIN SPONGE

One cup sugar, salt, 2 eggs, 1 cup minced raisins, 1½ cups flour, ½ teaspoon baking soda, ½ cup butter. Cream butter and sugar, add eggs, flour, soda in little milk, raisins last. Beat well. Bake 20-25 minutes.

*FILLING OR ICING:* Two tablespoons each butter, ordinary sugar, and boiling water. Beat well with egg beater.

### REAL RAINBOW CAKE

Half pound butter, 4 eggs, 2 teaspoons baking powder, 1 cup sugar, 2 cups flour, vanilla. Beat butter and sugar, add eggs one by one, vanilla, flour and baking powder. Divide into three lots. Make one pink; leave one plain; and add 1 dessertspoon cocoa or allspice to the next. Cook in three tins and stick together with jam.

### RUM CAKE

Quarter pound of butter, 3 eggs, 1 small teaspoon cream of tartar, ½ teaspoon soda in 3 tablespoons milk, 1 teaspoon rum or rum essence, ½ teacup sugar, ½ breakfast cup flour, ½ teaspoon cinnamon, ½ cup sultanas. Beat butter and sugar well, add eggs beaten, the flour with cream of tartar and cinnamon added, sultanas, then soda in milk. Bake in sandwich tins about half an hour (soft mixture).

### SEED CAKE

Two heaped cups flour, ½ teaspoon salt, ½ lb. sugar, 1 large teaspoon baking powder, ½ lb. butter, 3 eggs, 4 teaspoons caraway seeds. Cream butter and sugar, very well, add eggs one by one. Then add half of the flour mixture, then 6 tablespoons of cold water. Now add rest of flour mixture containing the seeds. Bake about an hour.

### SILVER CAKE

Four egg whites, ¼ lb. sugar, ¾ cup cornflour, essence of lemon, ¼ lb. butter, ¾ cup flour, 1 teaspoon baking powder, milk if necessary. Beat egg whites stiff. Cream butter and sugar, add egg whites, flour, etc. and milk to make right consistency.

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Use HANSELL'S BAKING SODA in your cooking

### SELBY CAKE

Quarter pound butter, 1 egg, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. sugar, 7 oz. flour, raspberry jam. Beat butter and sugar to a cream, add egg, then flour and baking powder sifted together. Have ready a sandwich tin greased and floured. Put half of the cake mixture into this and flatten out. Spread with a thin layer of raspberry jam. Cover with remainder of mixture. Spread out evenly. Bake moderate oven about 30 minutes.

### SIMNEL CAKE

Eight ounces butter, 10 oz. flour,  $\frac{1}{4}$  lb. mixed peel chopped, 2 oz. cherries cut up, 1 teaspoon baking powder, 8 oz. sugar, 2 oz. ground rice, 1 lb. currants, 4 eggs. Cream butter and sugar, then add eggs one at a time, then flour and fruit alternately. Place  $\frac{1}{2}$  mixture in tin, then cover with a layer of almond paste. Add other half of cake mixture. When cooked, decorate with the other half of the almond paste mixture, made thus: 8 oz. ground almonds, 3 oz. icing sugar, 1 teaspoon almond essence, 3 oz. castor sugar, 1 tablespoon melted butter, 1 well-beaten egg. Mix well and roll. Bake cake in moderate oven for about  $2\frac{1}{2}$  hours. Almond paste may be bought ready made.

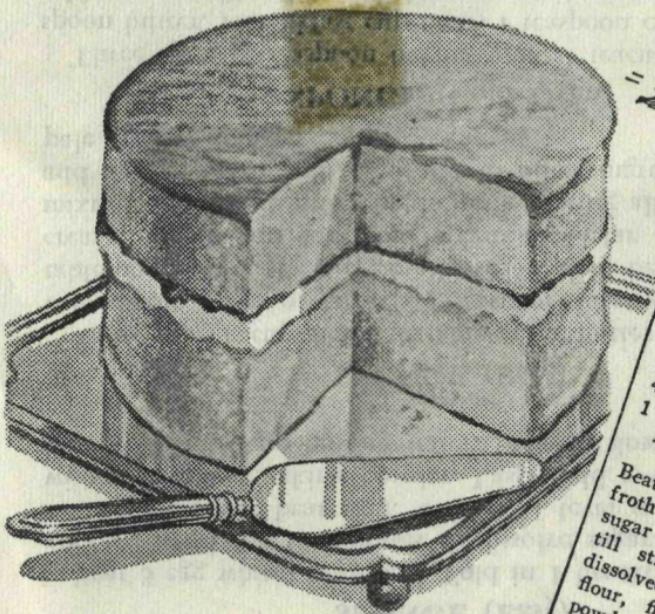
### SNOW CAKE (Uncooked)

Whites of 2 eggs, 1 tablespoon best gelatine,  $\frac{1}{2}$  breakfast cup cold water, 2 tablespoons sugar, little essence of vanilla,  $\frac{1}{2}$  breakfast cup boiling water. Boil sugar and  $\frac{1}{2}$  breakfast cup cold water for a minute or two; dissolve the gelatine in the  $\frac{1}{2}$  cup boiling water. Combine the two, and when a little cooler, stir in the 2 egg whites, unbeaten. When cool, and just beginning to set, whip up till foamy and thick. Pour into sandwich tin lined with wet greaseproof paper. Sets very quickly. Delicious spread with whipped cream and passionfruit.

### SOUR MILK CAKE

Cream  $\frac{1}{2}$  cup butter or dripping with 1 cup sugar. Add 2 eggs and beat well. Sift in  $1\frac{1}{2}$  cups flour and 2 dessertspoons cocoa. Mix with 1 cup thick sour milk. Add 1 cup raisins, some chopped nuts, 1 teaspoon vanilla and 1 teaspoon soda dissolved in a tiny drop boiling water. Bake about 25 minutes in sandwich tins in a fair oven. Put together with butter icing.

# FIELDER'S Famous SPONGE RECIPE!



3 eggs  
½ cup Fielder's Cornflour  
1 teaspoon baking powder  
4 ozs. sugar  
1 dessertspoon of plain flour

Beat egg whites to stiff froth and add yolks. Add sugar gradually and beat till stiff and sugar has dissolved. Add sifted cornflour, flour, and baking powder. Bake in 8-inch sandwich tins in moderately hot oven 350° F. electric for 15 minutes.

Once the family taste this wonderful sponge there'll

be cries of "More!" For

this is the sponge recipe that swept Australia . . . that is now being acclaimed by women throughout New Zealand. The recipe doesn't seem unusual . . . but its "magic" is in one ingredient . . . Fielder's Cornflour. Fielder's is made from pure WHEAT, not maize . . . that means greater fineness, pure whiteness, "neutral" taste with no foreign flavours and greatly improved baking. Your grocer has Fielder's—get a packet and try this wonder sponge.



### SOUR CREAM SPICE CAKE (Eggless)

One cup brown sugar,  $\frac{1}{2}$  cup golden syrup, 1 lb. raisins or mixed fruit, 1 teaspoon mixed spice, 1 breakfast cup thick sour cream,  $3\frac{1}{2}$  breakfast cups flour, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cinnamon. Dissolve the soda in 3 tablespoons boiling water, add to the syrup, then add cream, flour and spices. Mix well, add the chopped fruit. Bake about an hour. Moderate oven.

### SPONGE (Chocolate—One Egg)

Two ounces butter, 1 egg, 1 tablespoon cocoa, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sugar, 1 level cup flour, 1 teaspoon baking soda in  $\frac{1}{2}$  cup milk, 1 dessertspoon golden syrup. Cream butter and sugar, add syrup, egg, cocoa moistened with boiling water, and the rest of the ingredients. Bake as usual.

### SPONGE BALCLUTHA (Never Fail)

Four eggs, 1 flat tablespoon cornflour,  $\frac{1}{2}$  teaspoon baking powder, 3 flat tablespoons flour, 4 flat tablespoons castor sugar. Beat egg whites with pinch salt, add yolks and beat again, then add sugar. Now stand basin in a larger basin of hot water to come half way up the basin, and beat. Fold in slowly the sifted flour, cornflour and baking powder. Bake 15 to 17 minutes as usual, in two tins.

*FILLING:* Slice bananas finely and put over lower half. Then pile whipped cream on. Cut the top half in sections and place on, forming a complete whole again. Then heat knife in hot water and cut through lower half. Saves squeezing out all the cream filling.

### SPICED BLOW-A-WAY SPONGE

Beat together for 5 minutes 3 eggs and  $\frac{1}{2}$  cup white sugar. Then add 1 teaspoon golden syrup and beat for 10 minutes. Sift together three times 1 tablespoon flour,  $\frac{1}{2}$  cup arrowroot, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon baking soda, 2 teaspoons ground ginger, 1 teaspoon cocoa, and  $\frac{1}{2}$  teaspoon cinnamon. Stir well in. Cook in sandwich tins good oven, about 10 minutes. Instead of the cream of tartar and baking soda, about 1 teaspoon baking powder could be used.

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Use HANSELL'S MERINGUE WHIP in your cooking

### SPONGE (COFFEE)

Three tablespoons butter, 1 breakfast cup flour, 3 tablespoons milk,  $\frac{3}{4}$  cup sugar, 1 tablespoon coffee essence, 2 eggs. Pour the melted butter over all the other ingredients, and beat for 3 or 4 minutes. Add 2 teaspoons baking powder last of all, and beat again. Cook as usual.

### SPONGE WITH CREAM

Beat 3 eggs well, and then add gradually 1 cup sugar, beating well all the time. Add a few drops of vanilla or lemon; then 3 tablespoons of cream whipped up stiffly, and quickly fold in 1 cup of flour well sifted with 1 teaspoon of baking powder and a pinch of salt. Quick oven 12 to 15 minutes.

### SPONGE (Easy)

Beat 3 egg whites until stiff. Fold in 1 breakfast cup of sugar, and let stand for 10 minutes to dissolve sugar. Drop in 3 unbeaten yolks and beat well. Fold in 1 level cupful sifted flour with 1 teaspoon baking powder. Lastly add a walnut of butter dissolved in  $\frac{1}{4}$  cup boiling water. Bake in slow oven.

### SPONGE (Pale)

Two eggs, 1 cup flour, 1 tablespoon butter,  $\frac{3}{4}$  cup sugar, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon bicarbonate of soda, 2 tablespoons milk. Beat eggs, add sugar, then beat till thick and creamy. Then sift flour and cream of tartar and add to the mixture. Now boil butter in the milk stirring all the time. Then add the soda, stir well, and add to other ingredients. Makes a pale creamy sponge.

### SPONGE (Cold Oven)

Three eggs,  $\frac{1}{2}$  teaspoon baking soda, 1 teacup sugar, 1 tablespoon butter, 1 breakfast cup flour, 1 teaspoon cream of tartar, 2 tablespoons milk. Do not light oven until sponge is ready to put in. Beat eggs and sugar well. Mix flour and cream of tartar to this. Dissolve butter and milk in saucepan and add soda. Mix all well together. Put this mixture into sandwich tins and put in oven. Now light gas and cook the same way as ordinary sponge.

### SECRET SPONGE

Beat whites of 3 eggs, slip in yolks whole, beat again, then add  $\frac{3}{4}$  cup sugar and beat again. After that beat in 1 dessert-spoon golden syrup. Then add— $\frac{1}{2}$  breakfast cup arrowroot, 2 teaspoons flour, 2 teaspoons cocoa, 1 teaspoon cinnamon, 1 teaspoon spice,  $\frac{1}{2}$  teaspoon bicarbonate soda,  $\frac{1}{2}$  teaspoon cream of tartar. These ingredients should make  $\frac{3}{4}$  breakfast cup. Cook 15 to 20 minutes in square tin lined with paper. Cut in half and add cream filling.

### SPONGE (Wee Wyn's)

Beat 3 egg whites till very stiff, add 3 egg yolks, and beat. Then add 6 oz. sugar and beat till sugar is dissolved. Sift 1 level cup flour, 2 level teaspoons baking powder, and a pinch of salt. Fold in flour, and add 1 tablespoon butter in 3 tablespoons boiling water. Bake about 17 minutes. Fill with mock cream, or whipped cream and raspberry jam.

### SPONGE (Wholemeal—One Egg)

Sift together several times 1 breakfast cup fine wholemeal and 1 teacup sugar. Make a hole in the middle, and pour in 1 tablespoon melted butter, and 1 large egg well beaten. Then rinse egg basin with 4 to 6 tablespoons cold water—enough to mix. Beat till smooth and bubbly. Stir in slowly 1 heaped teaspoon baking powder. Bake about 20 minutes as usual.

### VIENNA CAKE

One and a half tablespoons cocoa,  $1\frac{1}{2}$  tablespoons (small) raspberry jam, about  $\frac{3}{4}$  cup boiling water, 4 oz. butter, 6 oz. sugar, 2 eggs, vanilla essence, 8 oz. flour, 2 flat teaspoons baking powder, pinch salt. Mix cocoa to a thin paste with boiling water, stir in raspberry jam, then make up to  $\frac{3}{4}$  cup with boiling water. Let it cool. Cream butter and sugar, add eggs one by one, beating well. Add vanilla essence. Sift very well flour, baking powder and salt. Add alternately with the liquid. Bake in a flat tin in a moderate oven for approximately 45 minutes. Ice with chocolate icing. Mark with a fork.

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Use HANSELL'S JELLY CRYSTALS for best results

### VIENNA CAKE (With 3 Eggs)

Four ounces of butter, 1 cup flour, 5 oz. sugar, 3 eggs,  $\frac{1}{2}$  teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon baking soda, 1 tablespoon raspberry jam, 3 tablespoons cocoa mixed to a thick paste with about 3 tablespoons boiling water. Cream butter and sugar well, then add eggs well beaten, add cocoa paste, then flour and jam. Bake in sandwich tins, or if liked in one tin. Ice with chocolate icing and decorate.

### VICTORIA CAKE

Four ounces butter, 7 oz. sugar, 4 eggs, 2 teaspoons baking powder, 6 oz. flour, 2 oz. cornflour, 2 tablespoons cold water. Bake about 15 minutes in shallow tin. Cut through and put filling between.

*FILLING:* Grated rind and juice of an orange and a lemon, put in a saucepan with a small teacup of sugar and a teacup of water. Boil 10 minutes and thicken with 1 tablespoon cornflour and let cool.

### WALNUT CAKE

Quarter pound butter, 2 oz. walnuts (crushed, through mincer), 1 teaspoon spice, 1 teaspoon baking powder, 3 eggs, 6 oz. sugar, 6 oz. flour, 2 tablespoons warm milk. Cream butter and sugar, add eggs one by one, then warm milk alternately with flour and walnuts. Ice and put walnuts on icing.

### WALNUT RAISIN EGGLESS CAKE

Sift  $2\frac{1}{2}$  cups flour and 1 tablespoon cocoa. Make a hole in the centre and put in  $\frac{1}{2}$  cup milk with 2 small teaspoons baking soda dissolved,  $\frac{1}{2}$  cup chopped walnuts, little salt. In saucepan heat 1 tablespoon golden syrup,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  cup milk, 1 cup raisins. Put in with flour mixture and mix and beat. Cook 1 hour or till done.

### WHITE CAKE

Half cup butter, 2 small cups flour, 3 egg whites, 1 teaspoon flavouring, 1 cup castor sugar, 3 teaspoons baking powder,  $2/3$  cup milk. To the creamed butter and sugar add milk and flour with baking powder, alternately. Beat until smooth. Add flavouring. Fold in whites last. Put in oven at  $400^{\circ}$  top off and bottom to low. Time about 20 minutes.

### WONDER SPONGE CAKE

Two level teaspoons butter, 2 eggs, 1 cup flour, 1 small cup sugar, 2 teaspoons baking powder, little milk. Sift flour with baking powder, and mix with sugar in a basin. Make a well in the centre. Melt butter in cup. Drop in eggs with the butter in the cup, and fill the cup up with milk. Pour into the flour and beat for five minutes. Bake in moderate oven from 8-10 minutes.

### WEDDING OR FESTIVAL CAKE (W'gton Gas Co.)

Regulo 3 on Champion, 2 on New World. Five to 6 hours according to depth of cake. Make fruit very hot in oven after being prepared. One pound butter, 8 eggs, 1½ lb. sultanas, ¼ lb. preserved ginger, 1 teaspoon vanilla and almond essences mixed, or ratafia as well, making 1 teaspoon altogether, ¾ lb. light brown sugar, 1½ lb. currants, 1 lb. raisins, ½ lb. mixed peel, 1 teaspoon glycerine beaten in with the butter, a grating of orange and lemon rinds, making 1 teaspoonful, 1 small level teaspoon baking powder (no more), 1¼ lbs. flour, slight sprinkling cayenne to bring out the flavour (no need for any spirits), ¼ lb. preserved cherries if desired—only for colour, does not affect the flavour, 1 teaspoon ground ginger, 1 teaspoon nutmeg, any crystallized fruit desired, just for colour—does not affect the flavour. Grease tin and not the paper. This quantity fills an 11 inch tin. Add the eggs one by one at a time, unbeaten. Add the fruit last—well heated—cake cooks quicker. Beat with hand. After scraping out the bowl, mix those portions of batter from the sides of the bowl, well into the cake mixture, which is already in the tin, otherwise these outside portions do not mix in properly. Make fair sized hole in centre of cake with the hand, so that it will rise evenly when cooked.

### WHOLEMEAL CHOCOLATE SPONGE (One Egg)

Quarter pound butter, ½ cup wholemeal, salt, 2 tablespoons cocoa, 1 teaspoon baking powder, 1 cup brown sugar, 1 cup flour, 1 egg, vanilla, ½ teaspoon baking soda. Cream butter and sugar, add ½ cup milk in which soda has been dissolved, then egg, and rest of ingredients, with the vanilla last. Finally add ¼ cup of hot water. Bake moderate oven about half hour.

### WEDDING CAKE (Three-tiered)

One and a half pound flour,  $1\frac{1}{4}$  lb. sugar, 1 lb. raisins,  $\frac{1}{2}$  lb. dates, pinch of salt,  $\frac{1}{4}$  lb. almonds, wineglass brandy, few drops almond essence, 1 good teaspoon each of cream of tartar and carbonate of soda or 2 large teaspoons baking powder,  $1\frac{1}{4}$  lb. butter, 1 lb. currants, 1 lb. sultanas,  $\frac{1}{2}$  lb. candied cherries,  $\frac{1}{4}$  lb. mixed peel,  $\frac{1}{2}$  oz. mixed spices, 1 teaspoon essence lemon, 12-14 eggs depending on the size. Work butter and sugar till creamy, add eggs (well whipped) alternately with the flour, sifted with the spices, and rising. Fruit to be cleaned and chopped but not too finely. Add brandy and mix thoroughly. Place mixture in a tin measuring 12 inches in diameter and 4 inches deep, lined with several thicknesses of white paper. Bake 6 to 7 hours in a moderate oven. Prepare the same mixture again, and put  $2/3$  in a tin 10 inches in diameter and the remaining mixture in a tin 8 inches in diameter. Bake for four hours or a bit longer. Make the large tier one day and the two smaller ones the next day, as few home ovens would hold the three tins at one time. Do not open the oven till the large cake has been baking for 2 hours. Ice with almond icing and then royal icing.

*ALMOND ICING:* Four pound icing sugar, 4 egg whites beaten stiffly,  $1\frac{1}{2}$  lb. ground almonds, a little essence of almond. If too stiff, a little yolk of egg beaten in. If not stiff enough, add more icing sugar.

*ROYAL ICING:* Four egg whites beaten stiff, enough icing sugar to make the icing stiff enough to spread nicely, and force through icing tubes. Flavour with essence of lemon.

### WHOLEMEAL FAMILY CAKE

Quarter pound butter,  $\frac{1}{2}$  cup white flour, 3 cups wholemeal, 1 tablespoon cocoa, 1 cup dates, 3 tablespoons golden syrup,  $\frac{1}{2}$  lb. sugar,  $1\frac{1}{2}$  teaspoons cinnamon,  $1\frac{1}{2}$  cups milk,  $1\frac{1}{2}$  teaspoons soda, 2 cups nuts. Stir into a saucepan 1 cup milk, sugar, butter, golden syrup until butter melts. Dissolve the soda in the other  $\frac{1}{2}$  cup milk. Mix the dry ingredients, and add the warm mixture and nuts and dates. Add the soda last. Bake  $\frac{1}{2}$  hour and allow to cool before turning out.

### WHOLEMEAL CHOCOLATE CAKE (Eggless)

Quarter pound butter,  $\frac{1}{2}$  lb. brown sugar, 2 cups wholemeal,  $1\frac{1}{2}$  teaspoons soda,  $\frac{1}{2}$  cup chopped dates, 3 tablespoons golden syrup,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  cups milk, 2 tablespoons cocoa,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  cup chopped walnuts, if liked. Stir one cup of the milk, sugar, butter and golden syrup in a saucepan over heat, until the butter melts. Dissolve soda in the other half cup of milk. Mix the dry ingredients together, add warm mixture of milk, sugar, syrup and butter. Dates, nuts and essence are added now. Beat well, lastly add soda dissolved in the  $\frac{1}{2}$  cup milk. Bake moderate oven in well-greased meat dish for about  $1\frac{1}{2}$  hours. When cold, ice with thick chocolate icing.

*CHOCOLATE ICING:* One pound icing sugar,  $\frac{1}{4}$  lb. butter, little vanilla essence, 6 teaspoons cocoa, 2 tablespoons milk. Melt butter, add the milk, cocoa and essence. Mix well. Then beat in the well-sifted icing sugar. Decorate with walnuts.

### YANKEE DOODLE CAKE

Half a cup of butter,  $1\frac{1}{2}$  cups of flour, 1 small cup of sugar,  $\frac{1}{2}$  cup milk, 2 eggs, 1 cup raisins (put through mincer),  $\frac{1}{2}$  teaspoon baking soda. Beat butter and sugar, add eggs well beaten, then flour, raisins, and lastly milk in which soda has been dissolved. Mix raisins in well. Cook in sandwich tins in moderate oven about 30 minutes. Join with cream filling or dissolve a good knob of butter in a little boiling water and add icing sugar to make into a rich filling—add a little vanilla and chopped walnuts. Also ice top and sprinkle with nuts. A little rum essence can be added to the raisins (or real rum)—they sink to the bottom while cooking.

Use HANSELL'S CREAM OF TARTAR in your cooking

## ICINGS AND FILLINGS

### ALMOND ICING (Plain)

Quarter pound of ground almonds,  $\frac{1}{2}$  lb. castor sugar, 1 lb. icing sugar, essence almonds, whole eggs or yolks to bind. Sieve the icing sugar, add castor sugar and ground almonds. Rub all well together, bind to a nice consistency with the eggs, add essence of almonds, and knead all well together. Roll out, use as desired. The more ground almonds used the longer the icing will keep soft.

### ALMOND PASTE (For Christmas Cake)

Half pound ground almonds, 1 lb. icing sugar, 1 whole egg and sufficient white of another to make a stiff paste. Mix almonds and sugar well together. Add the beaten egg and about  $\frac{1}{2}$  white of the other, mix over slow fire until a stiff paste, but it must be only warm. Dredge a board with icing sugar and roll paste to required shape and thickness, then press on to cake. First brush cake in egg white to make paste stick.

### APPLE AND BLACKBERRY CREAM

One cup apple puree, 1 cup blackberry puree, 3 oz. butter, 4 egg yolks,  $1\frac{3}{4}$  cups sugar, 1-2 teaspoons lemon juice. Heat in double saucepan till thick. Pot and tie down. Use in tarts.

### APPLE FILLING

Bake 4 large apples. Mix the pulp of the apples with the juice of 1 orange, a little of the grated peel,  $\frac{1}{2}$  cup brown sugar, 2 tablespoons melted butter or cream, and 2 tablespoons of honey. Beat, and keep in little jars. A pinch of cinnamon may also be added.

### APPLE LEMON CURD

Half pound apples (cut up), rind and juice of  $1\frac{1}{2}$  lemons, 2 eggs, 2 oz. butter,  $\frac{1}{2}$  lb. castor sugar. Cook apples till soft. Beat to a pulp. Grate the rind and squeeze the juice of the lemons. Mix with the apple. Beat the eggs, and add with the

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Use HANSELL'S TARTARIC ACID in your cooking

sugar to the apple mixture. Beat well together. Melt the butter in a basin, add the mixture to it. Put basin over small saucepan of boiling water and stir mixture until thick, about 20 minutes. Put in jars, and when cool, tie down.

### APRICOT ICING

Quarter of a cup sieved, cooked, dried apricots; 1 tablespoon lemon juice; about 1 1/3 cups sifted icing sugar. Put apricot pulp and lemon juice in bowl, and stir in sugar till of correct spreading consistency.

### BAKED MERINGUE TOPPING

Make plain meringue with egg white and sugar, and spread over cake batter not more than 1/3 inch thick. Then bake as usual.

### BANANA BUTTER FROSTING

One large banana mashed smooth; 1 1/2 teaspoons lemon juice; 1/4 cup butter or margarine; 3 1/2 cups sifted icing sugar. Mix together the banana and lemon juice. Beat butter till creamy, add sugar and banana alternately, and keep beating until frosting is light and fluffy.

### BANANA PASSION-FRUIT BUTTER

Blend together the pulp of 6 banana-passionfruit with 2 eggs, 1 teaspoon butter, and a large cup of sugar. Use a wooden spoon. Cook over hot water, simmering gently for 20 minutes, stirring occasionally. Seal tightly.

### BOSTON MOCHA FROSTING

Quarter cup sweetened condensed milk, 1 1/2 tablespoons strong black coffee, 1 teaspoon vanilla, 2 1/4 cups icing sugar, 2 teaspoons cocoa, 1/8 teaspoon salt. Blend the condensed milk, coffee and vanilla. Add the sugar, cocoa and salt, sifted together. Blend and spread.

### BUTTER FROSTING

Two tablespoons butter, 1/4 cup sweetened condensed milk, 1 1/2 cups fine icing sugar, 1/2 teaspoon vanilla. Cream butter and condensed milk thoroughly. Add gradually the sifted sugar and beat until the frosting is smooth, creamy and light in colour. May use other flavours or tint.

### BLACKBERRY MINCEMEAT

Put 4 lb. blackberries in saucepan with the strained juice of 2 lemons, and a teacup of cold water. Simmer till the fruit is tender, then pass through a sieve. Peel, core and chop eight large cooking apples, add a little grated lemon rind; 4 oz. each of currants, raisins, sultanas, candied peel, and sweet almonds. Also add  $\frac{1}{2}$  oz. ground ginger,  $\frac{1}{2}$  teaspoon each of ground cinnamon and ground cloves, and 1 lb. of sugar. Stir well into the pulp, put in jars and seal.

### CHOCOLATE CREAM FILLING

Two level dessertspoons cornflour mixed to a paste with 2 tablespoons milk. Add 1 dessertspoon cocoa. Bring  $\frac{3}{4}$  cup milk to the boil, and pour gently on. Pour all back into saucepan and cook till thick. Stand till quite cold. Beat 1 heaped tablespoon butter and  $\frac{1}{2}$  cup sugar. Add  $\frac{1}{2}$  teaspoon vanilla, couple of drops of caramel flavouring and a couple of drops of almond essence. Beat in the chocolate mixture by teaspoonfuls, beating very well between each and afterwards.

### CHOCOLATE FOAM

Dissolve 1 teaspoon gelatine in  $\frac{1}{2}$  cup hot cocoa. Let cool. Add a little vanilla. Beat the white of an egg, and gradually add the cocoa and gelatine mixture. Also gradually stir in 1 cup sifted icing sugar. Spread on cake and use as filling.

### CHOCOLATE ICING

Two squares cooking chocolate, 1  $\frac{1}{3}$  cups sweetened condensed milk, 1 tablespoon water,  $\frac{1}{3}$  teaspoon vanilla. Melt chocolate in top of double boiler, or a bowl standing in a basin of boiling water. Add condensed milk and cook 5 minutes stirring occasionally. Add water and flavouring. Cool and spread on cake when cold. This makes enough to cover and put together 2 large cakes. Mixture may be halved.

### CRUMB TOPPING

Very popular in Victorian times. Cream together 3 tablespoons butter or margarine, 3 tablespoons flour, 3 tablespoons sugar and a little flavouring, or grated orange or lemon rind. Sprinkle over cake batter before baking.

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Use HANSELL'S FOOD COLOURINGS in your cooking

### CLOVER HONEY

Wash a large bunch of fresh parsley, and about 6 white clover flowers—or more, and place in saucepan. Pour over 1 large cup of cold water and bring to the boil. Simmer for five minutes, remove clover and parsley and strain through muslin or fine strainer—add 2 cups of sugar, and juice of 1 lemon, and boil gently till syrupy like honey.

### COCONUT ORANGE FILLING

Half a cup of sugar, 4 tablespoons flour, dash of salt,  $\frac{1}{3}$  cup orange juice, 3 tablespoons lemon juice, 2 tablespoons water, 1 egg well beaten, 2 tablespoons butter, and  $1\frac{1}{2}$  teaspoons grated orange rind,  $\frac{1}{4}$  cup desiccated coconut. Combine sugar, flour and salt in top of double boiler. Add fruit juice, water and egg. Place on rapidly boiling water and cook 10 minutes stirring constantly. Remove from boiling water, add butter and orange rind. Beat. Fold in  $\frac{1}{4}$  cup dessicated coconut. Makes enough filling to spread generously between two 9 inch layers.

### COFFEE ICING (Fluffy)

Four tablespoons butter,  $2\frac{1}{2}$  cups (approximately) icing sugar, 1 egg white,  $\frac{1}{4}$  teaspoon cinnamon, 3 tablespoons strong cold coffee. Cream butter, add egg white unbeaten, and 1 cupful of the sugar. Stir in the cinnamon; add rest of sugar alternately with cold coffee. Icing should have fluffy texture, and be spread on cake roughly.

### CREAMY SPREAD FOR PIKELETS

Slightly warm some Golden Syrup—amount according to the number of pikelets to be buttered; beat in just a little butter, till it makes a sort of creamy spread. Spread pikelets with this. It goes a long way and saves butter. Very nice.

### CUSTARD (For Fillings or Tarts)

Prepare a custard with 1 large tablespoon custard powder, and  $\frac{1}{2}$  pint milk sweetened to taste. Add 1 large tablespoon butter and whisk. When cooler, add a small tin of condensed cream. Whip together. Flavouring may be added if liked.

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Use HANSELL'S MERINGUE WHIP in your cooking

### CREAM CHEESE FILLING FOR CAKES

This is an unusual filling which is especially good with Gingerbread and Butterscotch Cake. The Gingerbread is generally baked in a flat tin (a meat dish is good) and then cut across lengthways and put together again with filling. The Butterscotch Cake is baked in two layers and the filling used between and also on top. Cream with a fork about 4 oz. cream cheese, add 2 cups of icing sugar, 3 tablespoons cream or top milk and 2 oz. melted chocolate. Blend thoroughly before spreading.

### DATE FILLING

One tablespoon sugar;  $\frac{1}{4}$  lb. dates, 2 tablespoons water, grated rind of 1 lemon, juice  $\frac{1}{2}$  lemon. Boil dates, sugar and water till soft, then add lemon rind and juice. Beat well.

### DEVONSHIRE CREAM

Set a large shallow pan full of fresh milk in a cool place (pantry or dairy) for 12 to 24 hours. Then carefully carry the pan to the stove and bring slowly to scalding point—till the thick yellow cream begins to wrinkle. Put back in cool place till quite cold—perhaps all night. Then skim carefully with perforated skimmer. The cream should come off in a thick “blanket”.

### ENGLISH LEMON FILLING

Three tablespoons butter, juice 2 lemons, grated rind  $\frac{1}{2}$  lemon, 2 eggs, 1 cup granulated sugar, pinch salt. Put butter in top of double boiler, add lemon juice and rind. Beat eggs until thick and stir into the sugar. Add salt and stir all into first mixture. Cook and stir over hot water until thick. Cool, and it may be used as a cake, tart, or sweet sandwich filling.

### EVERYDAY FILLING

Two tablespoons butter, 4 tablespoons sugar, 2 tablespoons boiling water, flavouring. Put butter, sugar and flavouring in a basin, then add boiling water. Beat thoroughly till like whipped cream. Leave for a quarter of an hour, then use.

### ECONOMICAL ICING

One level tablespoon Golden Syrup, 2 heaped tablespoons powdered milk, 1 level tablespoon butter. Melt butter and syrup in saucepan. Add milk powder and stir. Add essence.

### FILLING WITH CONDENSED MILK

Cream together equal quantities of butter and sweetened condensed milk. Add either minced dates, sultanas or preserved ginger, or cherries, or a mixture.

### FLUFFY MOCHA FROSTING

Beat 1 tablespoon butter to cream, add 2 cups sifted icing sugar, 1 tablespoon cocoa,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla, about 2 tablespoons strong coffee. Beat till smooth and spreading consistency.

### GINGERBREAD FILLING

One cup sweetened condensed milk. Mix with 3 tablespoons lemon juice, and stir till thick. Add 3 oz. mashed cheese, use silver fork. Beat till smooth. Spread between layers of gingerbread, or on top.

### GRAPEFRUIT CHEESE

Juice 3 large grapefruit, grated rind 1 grapefruit,  $\frac{1}{4}$  lb. butter, 2 cups sugar, 2 well-beaten eggs. Put butter and sugar, juice and rind into large basin or double saucepan. Stand over pan of boiling water. When these have melted and blended together, add the well-beaten eggs, stirring constantly and thoroughly until the mixture thickens. Pour into small pots, cover when cold. This will keep a considerable time, and is a delightful change from lemon.

### HONEY ROLL FILLING

Four ounces icing sugar, 1 dessertspoon honey, 1 dessertspoon butter, 1 teaspoon lemon juice. Beat all together. A few chopped nuts may be added.

### HONEY FILLING (No eggs)

Two cups icing sugar, 2 tablespoons melted butter, 3 tablespoons honey,  $\frac{1}{4}$  teaspoon almond essence. Blend well, and add teaspoons of boiling water till it is of right spreading consistency.

### HONEY FILLING

Two beaten egg yolks, 1 tablespoon honey, 1 cup dates, raisins and chopped nuts, icing sugar to thicken. Mix all well.

### ICING (For Lamingtons)

Two ounces butter, 3 teaspoons cocoa,  $\frac{1}{2}$  teaspoon vanilla, 4 tablespoons water, 1 cup icing sugar. Put all in pan, stir till blended. Do not boil. Let cool, and dip in pieces of sponge cake (or stale madeira cake). Roll in coconut.

### ICING—MILK POWDER AND CONDENSED MILK

One cup full cream milk powder, mixed with 2 tablespoons sweetened condensed milk and hot water for a nice spreading consistency. Spread on cake when it is cool, but not cold, and then cover with a good layer of desiccated coconut, well pressed on.

### JELLIED FILLINGS

Stewed fruit pulp makes excellent sponge filling. Dissolve a teaspoon of gelatine (or more if there is a good deal of liquid) in a little hot water. Stir into fruit and juice, pour into cake tin to set. Or beat up when setting, spread on cake, and leave to set. One dessertspoon gelatine will set  $\frac{1}{2}$  pint liquid.

### LEMON SNOW FROSTING

Two unbeaten egg whites,  $1\frac{1}{2}$  cups sugar, 3 tablespoons water, 2 tablespoons lemon juice,  $\frac{1}{4}$  teaspoon grated lemon rind. Combine egg whites, sugar, water and lemon juice in top of double boiler, beating until thoroughly mixed. Place over rapidly boiling water, beat constantly, cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water, add lemon rind, and beat until thick enough to spread.

### LEMON CHEESE (Cheap)

Mix smoothly together 1 tablespoon lemon custard powder and the juice and grated rind of 1 lemon. Into a saucepan put 1 small cup sugar, 1 tablespoon butter, and 1 cup water. Bring to the boil, add mixed powder and lemon, cook a few minutes. Bottle when cold.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### LEMON CHEESE (Good)

Four eggs—beat just a little, 4 lemons, juice and grated rind,  $\frac{1}{2}$  lb. butter, 1 lb. sugar. Cook in double boiler, or basin in saucepan of boiling water. Keep stirring till it thickens. Keep in airtight jars. See that water boils all the time.

### LEMON CHEESE (For Tartlets)

One cup sugar, 4 lemons grated rind and juice, 2 tablespoons butter, 2 eggs. Cook till thick in a double boiler.

### LEMON CHEESE

Melt together 3 oz. butter and 8 oz. sugar, add, 4 finely crushed up wine biscuits and the juice and grated rind of 3 lemons. Slightly cool all this, then add 4 well-beaten eggs. Cook till mixture thickens, stirring all the time. Do not boil or it will spoil!

### LEMON CHEESE (Without Butter)

Take 1 cup water, 4 tablespoons sugar and juice of 2 large lemons. Boil together. Mix 1 heaped tablespoon cornflour with 1 well beaten egg and a little milk if needed. Pour the boiling liquid over it, mix, return to pan and boil 5 minutes.

### LEMON HONEY (Without Eggs)

Two large lemons—grated rind and juice, 1 tablespoon cornflour, 1 breakfast cup sugar, 2 oz. butter. Melt very slowly the sugar and butter with the lemons. When sugar is dissolved, add cornflour moistened with water. Remove from fire just while stirring in the cornflour. Then cook all very slowly till clear golden.

### MAGIC MARSHMALLOW FROSTING

Half cup sweetened condensed milk, 4 marshmallows,  $1\frac{1}{2}$  cups icing sugar, 1 teaspoon vanilla. Cook condensed milk and quartered marshmallows in the top of double boiler till marshmallows are melted. Remove from fire, add icing sugar and vanilla. Beat until smooth. This may be spread on the cake while warm. Two tablespoons cocoa may be added.

### MARSHMALLOW FILLING

Three-quarters cup of water,  $\frac{3}{4}$  cup castor sugar, 1 teaspoon gelatine,  $\frac{1}{4}$  cup water, white of 1 egg,  $\frac{1}{4}$  teaspoon cream of tartar. Boil sugar with  $\frac{3}{4}$  cup water, mix gelatine with  $\frac{1}{4}$  cup water. When water and sugar are cooked (about 5 minutes), add gelatine and let cool. Gradually add egg white and cream of tartar, and beat till stiff. Spread on cake. If used as icing, coconut may be sprinkled on.

### MARSHMALLOW (Simple)

Soak 2 dessertspoons gelatine in a cup of water, add 1 breakfast cup sugar and boil in a saucepan for 10 minutes. Add a few drops vanilla or other essence. Let cool, then beat till white and thick. Spread on shortbread etc. Ice when cold, and sprinkle with nuts.

### MEDLAR CHEESE

Put 6 lb. medlars in a jar, cover with a saucer, and stand in a saucepan of water. Cook until the fruit is tender. Then rub through a fine sieve. Weigh pulp and put in pan, allow  $1\frac{1}{2}$  lb. sugar to each pound and about a teaspoon of allspice to the whole amount. Cook slowly at first till sugar has dissolved, then bring to the boil, and boil steadily till it will set. Be very careful not to let it burn. Keep frequently skimmed and stirred. When ready, bottle and seal.

### MINCEMEAT (Special Christmas)

One pound suet,  $\frac{3}{4}$  to 1 lb. light brown sugar, 1 teaspoon grated nutmeg,  $\frac{1}{2}$  teaspoon rum flavouring,  $\frac{1}{2}$  teaspoon salt, 1 lb. sultanas,  $\frac{1}{4}$  lb. lemon peel,  $\frac{1}{2}$  lb. dried apricots,  $\frac{1}{2}$  lb. preserved ginger, grated rind of  $\frac{1}{2}$  orange, 2 lb. apples, good pinch cayenne pepper, 1 teaspoon almond flavouring,  $\frac{1}{2}$  teaspoon vanilla flavouring, 2 lb. currants, 1 lb. raisins,  $\frac{1}{4}$  lb. orange peel,  $\frac{1}{2}$  lb. prunes, grated rind of 1 lemon,  $\frac{1}{4}$  lb. blanched almonds. Stone prunes, grate suet, and grate apples without peeling. Chop almonds and raisins, mince apricots, chop or grate lemon and orange peel. Mix all well together. One cup of brandy, or  $\frac{1}{2}$  cup rum is an improvement but not essential. Put into a large preserving jar, and stand till ready for use.

### MINCEMEAT (Old Fashioned)

One cup each chopped currants, raisins, apples and suet, 1 lemon (juice and grated rind), 1 oz. chopped candied peel, 1 oz. chopped almonds, a little nutmeg and spice, 1 cup brown sugar. Mix with a little brandy or rum, and keep in airtight jars.

### MERINGUE CAKE TOPPING

Make a plain meringue with 1 egg white and 1 tablespoon of sugar. Spread over top of cake mixture before cooking—spread thinly about  $\frac{1}{3}$  of an inch thick. Bake as usual.

### MOCK CREAMS

1. To 2 heaped tablespoons of dry full cream milk powder add 2 teaspoons of sugar, and stir in half a cup of fresh milk (or more if the cream is required thinner). Then add a few drops of flavouring and beat with the egg beater for a minute or two. This can be used as a trifle topping, or made thinner, as a good pudding sauce.

2. Two tablespoons of full cream milk powder,  $\frac{1}{2}$  pint milk, 1 teaspoon icing sugar. Mix well together, and leave for 12 to 24 hours, according to the weather.

3. One pint milk, 2 tablespoons full cream milk powder (mixed to a paste with a little milk from the pint), 1 teaspoon sugar, 1 dessertspoon boiling water, 2 teaspoons gelatine, and a little vanilla essence. Warm milk to blood heat, and add to milk powder paste. Dissolve the 2 good teaspoons gelatine in the boiling water, then mix all together well. Stand aside to chill thoroughly—to let gelatine set a little. Then beat again.

### MOCK CREAM

Bring to the boil 2 tablespoons sweetened condensed milk, and 1 cup water. Moisten with milk 2 level tablespoons custard powder. Soak 1 teaspoon gelatine with 2 teaspoons of cold water. Pour the boiling milk and water on the custard powder, and return to the pan to cook. When taken off the heat, add the gelatine mixture, and leave till cold. In the meantime cream thoroughly 4 oz. butter and 2 oz. sugar. Add by teaspoons the cold gelatine and custard mixture, and beat all in. Finally whisk with egg whisk.

### MOCK ALMOND ICING

Take equal parts of ground rice and icing sugar, 1 egg, about 2 teaspoons almond flavouring, and a little lemon juice. Sift sugar, mix well with rice, add egg and flavouring. Work well together. If well blended, this closely resembles real almond icing.

### MOCK ALMOND PASTE

Two pounds of icing sugar,  $\frac{1}{2}$  lb. desiccated coconut, 3 egg yolks, 2 teaspoons almond essence. Beat egg yolks, add dry ingredients, beat in the almond essence. Stand basin, with contents, in saucepan of boiling water, and knead well for a few minutes. If too dry, add a little water.

### MOCK ALMOND ICING

Half pound round wine biscuits (leave 2 out),  $\frac{1}{2}$  lb. icing sugar, 2 eggs, 2 teaspoons almond essence. Crush wine biscuits fine with rolling pin. Add icing sugar and beaten eggs and almond flavouring.

### MOCK CREAM (Rich)

Two level tablespoons cornflour, 1 oz. butter,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  oz. sugar, flavouring if desired. Mix cornflour with a little milk. Warm the rest of the milk in a pan, and add it to the cornflour, and return to the pan. Stir over the heat till well cooked. Put aside to cool. Cream the butter and sugar very well, then beat in the thickened cornflour by teaspoonfuls, and flavouring. Continue to beat until creamy. The above quantities make about  $\frac{1}{2}$  pint of cream very similar to whipped cream.

### MOCK CREAM (Banana)

Beat together until very stiff the whites of 2 eggs, a teaspoon icing sugar, a pinch of salt, 1 mashed banana. Banana dissolves and helps form cream. Almond or lemon essence to taste.

### MOCK WHIPPED CREAM

One teaspoon gelatine,  $\frac{1}{4}$  lb. butter,  $1\frac{1}{2}$  tablespoons sugar,  $\frac{1}{2}$  saltspoon cream of tartar, pinch salt, 3 tablespoons boiling water, vanilla or lemon essence. Pour hot water on gelatine. Stir

until dissolved. Put butter, sugar, salt and flavouring in basin. Cream a little, add cream of tartar, then dissolved gelatine. Whip well, about 10 minutes, till like whipped cream.

### MOCHA FLUFFY ICING

Four tablespoons butter, 1 unbeaten egg white, 2 to  $2\frac{1}{2}$  cups sifted icing sugar,  $\frac{1}{4}$  teaspoon cinnamon, 3 tablespoons strong coffee. Cream butter, add egg white, and 1 cup of the sifted sugar. Stir in the cinnamon and add remaining sugar alternately with the cold coffee. Beat well all the time. The icing should look fluffy—spread on cake to give uneven, heaped-up appearance.

### MOCHA FROSTING

Quarter of a cup of sweetened condensed milk,  $1\frac{1}{2}$  tablespoons strong black coffee, 1 teaspoon vanilla,  $2\frac{1}{4}$  cups finely powdered icing sugar, 2 teaspoons cocoa. Blend the condensed milk, strong black coffee and vanilla. Add the icing sugar and cocoa, which have been sifted together. Blend thoroughly and spread.

### MOCHA ICING AND FILLING

One and a half tablespoons butter,  $2\frac{1}{2}$  cups sugar,  $2\frac{1}{2}$  tablespoons cocoa, 4 tablespoons strong coffee,  $\frac{1}{4}$  teaspoon salt. Cream butter and sugar, add cocoa, coffee and salt and stir till smooth. Spread between layers and on top of the cake.

### MODERN ALMOND PASTE

One tablespoon glucose (bought in small cartons like honey), 1 lb. icing sugar,  $\frac{1}{2}$  lb. ground almonds, 2 tablespoons lemon juice, 1 whole egg, 1 teaspoon almond food flavouring. Warm glucose, which is very hard, with lemon juice, in mug over slow heat. Pour it into the beaten egg when cool. Add almond flavouring and a drop or two of pink colouring if liked. Mix now with icing sugar and ground almonds. Make into dough which will come out of basin in a clean ball. Cut in half. Roll out one half to fit top of cake and lay it on, after first brushing cake over with unbeaten white of egg. Then cut other half into two or four pieces. Roll into strips and stick them round sides of cake, and smooth over joins. After a day or two, put on white icing in exactly the same manner.

**WHITE ICING:** Make in exactly the same manner as the almond paste, using 2 lb. sifted icing sugar, 2 full tablespoons lemon juice, 2 egg whites, 1 teaspoon orange essence, 1 large dessertspoon Glucose.

### MOONGLOW FROSTING (American)

Two cups sugar,  $\frac{1}{2}$  cup hot water, 1 teaspoon lemon juice, 2 egg whites, pinch salt,  $\frac{1}{4}$  cup each of chopped cherries, seeded raisins, prunes, green angelica, orange jubes, and ginger. Dissolve sugar in boiling water, add lemon juice. Bring to boil, boil until a drop forms a soft ball in cold water—about 8 minutes. Pour gradually on to stiffly beaten egg whites and salt, beating constantly. Place basin over boiling water, beat till smooth. Remove from water and beat till mixture holds its shape. Flavour with  $\frac{1}{4}$  teaspoon almond essence, and  $\frac{1}{4}$  teaspoon lemon essence. Add chopped fruit. Spread on cake immediately.

### ORANGE FILLING (Without Gelatine)

Three ounces of flour, 1 cup sugar, grated rind 1 orange,  $\frac{1}{2}$  cup orange juice, 3 tablespoons lemon juice,  $\frac{1}{4}$  cup water, 1 egg slightly beaten, and 1 dessertspoon butter. Combine all smoothly together. Cook in double boiler about 10 minutes, stirring. May be used also for eclairs, or with coconut for pastry tarts.

### ORANGE FILLING FOR SPONGE

Soak 1 tablespoon gelatine in juice of a large orange. Whip  $\frac{1}{2}$  pint of cream with a little sugar, and a teaspoon of brandy. Add grated rind of orange. Stand gelatine and juice in a cup in a saucepan of boiling water, and stir till gelatine has dissolved. Let cool, add to cream, and whip again till stiff.

### ORANGE FROSTING

Half a cup of sweetened condensed milk, 2 tablespoons orange juice, 2 tablespoons grated rind,  $3\frac{1}{2}$  cups icing sugar. Blend milk, juice and rind. Add icing sugar gradually. Beat till smooth and creamy. Cool cake before spreading frosting.

### **ORIENTAL FILLING**

Two ounces raisins, 2 oz. walnuts, 2 oz. ginger, about 2 tablespoons raspberry or apricot jam. Mince the raisins, walnuts and ginger, mix to nice paste with jam. Spread between sponge sandwich mixture. A grating of orange or lemon rind may be added.

### **ORIENTAL FILLING**

Dissolve 1 dessertspoon of gelatine and 1 tablespoon sugar in  $\frac{1}{2}$  pint of hot water. When cool, but not set, add essence to taste (almond is nice), chopped nuts, figs, dates etc. to taste. When almost set, spread between layers of cake, and let set properly.

### **PARSLEY HONEY**

One pound parsley, 2 lemons, cover parsley with water. Boil parsley and lemon rind to a pulp. Strain and add 1 cup sugar, to every cup of juice. Boil until it turns a nice golden colour. Add the lemon juice while boiling.

### **PASSIONFRUIT HONEY (Rich)**

Eight passionfruit, 3 eggs, 3 oz. butter, 3 oz. sugar. Scoop out fruit from skins, put in double boiler with well beaten eggs, sugar and butter. Cook until thick, stirring all the time. Takes about 15 minutes.

### **PASSIONFRUIT HONEY**

Ten passionfruit, 1 tablespoon butter, 1 small cup sugar, 1 beaten egg. Heat all in basin over boiling water till thick, stirring with wooden spoon. A delicious filling.

### **PEANUT BUTTER No. 1**

Roast peanuts, put through mincer at least six times, adding salt, (a little less than seems necessary), just after the fourth mincing. Do not overdo the roasting of the peanuts—it makes them dry.

### **PEANUT BUTTER No. 2**

Six pounds peanuts, shelled and roasted, 1 tablespoon salt, and 2 tablespoons olive oil. Mince the peanuts 3 times, and mix the oil and salt in. Put in jars. Melted butter may be used instead of olive oil.

### PEANUT BUTTER FROSTING

One and a half cups sweetened condensed milk, 2 tablespoons peanut butter; place milk and peanut butter in top of double boiler. Cook over boiling water for five minutes, or till mixture thickens, stirring well till blended. Cool and spread on cake.

### PEANUT CRUNCH ICING

Two tablespoons vegetable shortening, 2 tablespoons butter,  $\frac{1}{2}$  cup brown sugar, firmly packed, 2 tablespoons cream (top milk), 1 cup chopped peanuts. Combine shortening, butter, sugar and cream in saucepan and bring to boil. Remove from fire and add nuts. Beat. Pour on warm cake and spread evenly. Place cake low under slow broiler flame, and broil slowly till nuts are slightly toasted.

### PINEAPPLE CHEESE (For Tarts)

Shred 1 pineapple, or use 1 tin crushed pineapple. Add  $\frac{1}{2}$  cup water and 2 cups sugar. Simmer for 20 minutes. Thicken with 1 tablespoon cornflour moistened with pineapple juice. Cook for 3 minutes and when slightly cool, add 3 or 4 beaten egg yolks. Beat in 1 large tablespoon butter. Bottle for use the same as lemon cheese.

### PINEAPPLE FILLING

One large tin crushed pineapple, 1 lb. sugar, 5 teaspoons gelatine. Boil all together for 15 minutes—gently. Bottle and cover like jam. Will keep a fair time.

### PINEAPPLE FILLING (Quick)

Whip 2 egg whites stiff. Then beat in gradually 1 cup icing sugar, and 1 tablespoon pineapple juice. Stir in as much finely chopped pineapple as the icing will hold, adding a little more sugar if necessary.

### PLAIN WHITE ICING

Two tablespoons top milk (hot), 1  $\frac{1}{3}$  cups (approximately) of icing sugar, 1 teaspoon flavouring—orange, pineapple or any kind. Put the hot milk into a small bowl, add flavouring, then cream in the sugar until the right consistency.

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Use HANSELL'S ESSENCES in your cooking

### PLAIN CHOCOLATE ICING

Make as for Plain White Icing, but add  $1\frac{1}{2}$  tablespoons cocoa to sifted sugar.

### POTATO FILLING (For Tarts)

One cup mashed potato, 1 tablespoon golden syrup,  $\frac{1}{4}$  cup mashed dates, 1 egg beaten with small cup of milk, 1 teaspoon lemon juice. Mix well, and bake till set and brown.

### PUMPKIN LEMON CHEESE

Two pound pumpkin, 5 or 6 lemons,  $\frac{1}{4}$  lb. butter, 2 lb. sugar. Cook pumpkin, strain well, add juice and rind from the lemons, taking care that no white pith of the lemon rind is added. Then add butter and sugar. Mix in pan and boil in double saucepan  $\frac{1}{4}$  hour.

### ROYAL ICING

Allow the white of a large egg to every  $\frac{1}{2}$  lb. of sieved icing sugar, also a pinch of tartaric acid. Beat well together with a wooden spoon until strong enough to hold spoon standing up. A drop or two of Hansell's blue colouring will help to keep it white.

### ROYAL ICING

Whites of 1 or 2 eggs,  $\frac{1}{8}$  teaspoon tartaric acid, about 7 oz. sieved icing sugar. Beat egg whites well, and enough icing sugar so that when all is beaten it will coat the back of the spoon. Add the tartaric acid, crushed. Stir well, till it won't fall from spoon.

### RUM FILLING

Two heaped tablespoons Highlander condensed milk,  $\frac{1}{2}$  cup water,  $1\frac{1}{2}$  tablespoons custard powder, (standard) or cornflour,  $\frac{1}{2}$  teaspoon gelatine soaked in 1 dessertspoon water,  $1\frac{1}{2}$  tablespoons butter, 1 oz. brown sugar, few drops Hansell's rum flavouring. Cook the milk, water, and custard powder till thickened. Add the gelatine. Stand till quite cold. Beat the butter and sugar till very fluffy. Add custard by teaspoons at a time, beating vigorously. Continue adding custard till all has been used and mixture is like whipped cream. Use between and on top of cakes.

### SAMOAN TOPPING

Sprinkle cake batter with shredded fresh or desiccated coconut before baking. Gives fashionable toasted flavouring. Desiccated coconut may be soaked in milk first, for  $\frac{1}{2}$  hour.

### SEVEN MINUTE FROSTING

One unbeaten egg white,  $\frac{1}{2}$  cup granulated sugar, 3 tablespoons cold water,  $\frac{1}{2}$  teaspoon baking powder—must be cream of tartar baking powder. Place all ingredients except baking powder in the top of a double boiler. Place over boiling water and beat with beater for 7 minutes. Add  $\frac{1}{2}$  teaspoon flavouring, and baking powder. Beat and spread on cake.

For Chocolate Icing, add to above  $1\frac{1}{2}$  oz. melted unsweetened chocolate (or some cocoa) 2 minutes before taking from fire.

For Coffee Icing, add 3 tablespoons cold boiled coffee in place of water.

### SOFT CHOCOLATE FILLING (Eclairs and Cream Puffs)

Three ounces unsweetened chocolate grated, a little salt, 1 pint cold milk, 1 cup sugar, 3 tablespoons flour, 2 eggs slightly beaten,  $\frac{1}{2}$  teaspoon vanilla. Add chocolate to milk and heat in double boiler. When melted, beat with egg beater until smooth and blended. Sift sugar, salt and flour together. Add to eggs. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler, cook 15 minutes, or until mixture is thickened, stirring constantly. Add vanilla, and cool before using.

### SOFT ICING

Sift into a basin 8 oz. icing sugar. Add about 2 tablespoons of liquid—either black coffee or any essence liked diluted with water. Stir till smooth, and about consistency of treacle. Before using, place basin in dish of hot water and stir till sufficiently melted to run off spoon. Pour over cake immediately.

### SWISS ICING

One cup of icing sugar, a nut of butter, 2 tablespoons condensed milk, vanilla to taste, chopped walnuts. (2 tablespoons).

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### SPICY RAISIN FROSTING

One and three quarter cups finely powdered icing sugar, 1 tablespoon cocoa,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg,  $\frac{1}{2}$  cup condensed milk,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  cup raisins. Sift together sugar, cocoa, cinnamon, cloves and nutmeg. Mix thoroughly with condensed milk and vanilla. Beat till smooth and creamy. Chop raisins, add. Spread on a cold cake.

### SPONGE FILLING (Unusual)

Mince 3 oz. walnuts, mix in 2 oz. crushed wine biscuits, 3 oz. icing sugar, 1 oz. melted butter,  $\frac{1}{2}$  teaspoon vanilla, and make soft with a little cream or top milk.

### SUNSHINE FILLING

Two tablespoons butter or fat,  $1\frac{1}{2}$  tablespoons flour,  $\frac{1}{4}$  cup sugar, 1 tablespoon grated orange rind,  $\frac{3}{4}$  cup orange juice, pinch salt, 1 beaten egg yolk. Melt fat, stir in flour. Add sugar, grated orange rind, juice and salt, and cook till thick. Remove from heat. Gradually add small amounts of hot mixture to egg yolk until both are combined and smooth. Re-heat and cook another 2 minutes. Nice in sponge cakes for dessert.

### VANILLA CREAM FILLING

Six heaped tablespoons icing sugar, 1 heaped tablespoon butter, 1 good tablespoon Highlander sweetened condensed milk, few drops essence vanilla, about 2 tablespoons boiling milk to mix to desired consistency, grated orange or lemon rind as desired. Cream butter, add condensed milk and other ingredients. Beat very well, spread between cakes. Enough for 2 sandwiches.

### WHITE ICING (Ordinary Sugar)

Put 1 breakfast cup plain white sugar into small saucepan. Add  $\frac{1}{2}$  oz. fresh butter and scant  $\frac{1}{2}$  breakfast cup milk. Boil 8 minutes, stirring well. Flavour with essence, and beat till thick as cream. Spread over cake with knife, and it will be white when cold. Double quantity for large cake.

## **PASTRY**

### **BISCUIT PASTRY**

Quarter pound of butter, 2 oz. sugar, 1 egg yolk, 1 tablespoon water,  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  teaspoon baking powder, 1 teaspoon lemon juice, salt. Soften together butter and sugar, adding egg yolk and water, followed by sifted flour etc.

### **CHEESE PASTRY**

Add 2 to 3 oz. of grated cheese to short pastry. Use for apple pies or for savoury tart shells.

### **CHOUX PASTRY**

Half a cup of boiling water, 2 oz. butter, 3 oz. flour, 2 whole eggs and 1 yolk, pinch salt. Put water and butter in a pan and place over medium heat. When butter has dissolved, add flour all at once, remove from heat, beat until free from lumps. Return to fire and stir until the mixture leaves the sides of the pan clean. Remove from fire and let cool a little, break in one egg and beat well, using a wooden spoon, add the other egg and yolk, and beat again until the pastry has a shiny appearance.

To cook:—Have oven hot; drop spoonfuls on hot floured oven tray and bake till well puffed up and browned. Approximately 20 to 30 minutes according to size. Remove from tray, split open and remove any soft part. When quite cold fill with cream or savoury mixture. Do not open oven door for first 20 minutes. A pinch of alum added when beating in the eggs helps to keep them dry. Some people prefer a cold greased oven tray to a hot floured one. If making the Choux pastry into eclairs, use a forcing tube and put them in finger lengths on a cold greased oven tray. For savouries make them small. For eclairs ice when cool with a little chocolate icing.

### **DIGESTIVE SHORT PASTRY**

Four ounces flour, 4 oz. butter or lard, pinch salt, little water, 2 oz. ground rice, 1 teaspoon baking powder, 1 egg. Rub fat into dry ingredients handling as lightly as possible, whisk egg and add enough water to make dough the proper consistency. Then roll out and bake as usual.

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Use HANSELL'S CITRIC ACID in your cooking

### FLAKY PASTRY

One pound of butter or margarine, 1 lb. flour, enough cream of tartar to cover 6d., water to mix. Cut butter up the size of walnuts and mix in flour, salt and cream of tartar, roll out and fold like sponge roll. Let stand a little while and roll out twice more—is ready for use. This makes a nice flaky pastry.

### FLEUR PASTRY

Six ounces of flour,  $3\frac{1}{2}$  oz. butter,  $\frac{1}{4}$  teaspoon baking powder, pinch salt, 1 oz. castor sugar, 1 egg yolk. Sift into bowl all dry ingredients. Rub butter lightly into flour. Add egg yolk. Work into pliable dough. Suitable for cases, and open tarts.

### GOOD PASTRY FOR HARASSED HOUSEWIVES

Take 1 lb. flour,  $\frac{1}{2}$  lb. fat, preferably butter,  $\frac{1}{2}$  teaspoon salt, level tablespoon lemon juice, work in the ordinary way with enough cold water to requisite consistency, roll out once. Wrap up in piece greased paper and put away on shelf. This is to be done in the cool of the evening. Next day roll it twice and there is your pastry ready to be put on the pie.

### POTATO PASTRY

Half pound of flour,  $\frac{1}{4}$  lb. lard or dripping, 1 teaspoon baking powder, 1 breakfast cup mashed potatoes, saltspoon salt, a little milk to form a workable dough. Suitable for sausage rolls and meat luncheon pasties.

### PASTRY (With Dripping)

One cup good clean dripping, 1 cup milk, 2 cups flour, 1 teaspoon baking powder, salt. Cream dripping, add milk slowly, the more creamed the better. Then sifted flour and baking powder etc. and roll.

### PASTRY (With Vinegar)

Quarter pound good dripping. Cream this and add 2 teaspoons of vinegar. Whip well. Add 1 large cup flour, 1 teaspoon baking powder, and milk to mix.

### PASTRY (Wonder)

Make paste with 1 lb. flour, pinch salt, and cold water. Cream  $\frac{3}{4}$  lb. beef dripping, slightly warmed, adding 1 teaspoon baking powder. Roll out paste, spread on dripping, then fold into three and roll as for puff paste. Roll out three more times, bake good hot oven.

### PUFF PASTRY

Half pound of butter,  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  teaspoon cream of tartar, pinch salt. Break butter into small pieces in the sifted flour and cream of tartar and salt. Mix with warm water. Let it stand at least 2 hours. (The longer the better). Roll and fold 3 times.

### PUFF PASTRY (Rough)

Half pound butter, 14 oz. flour, 1 good teaspoon baking powder,  $\frac{3}{4}$  breakfast cup cold water, 1 dessertspoon lemon juice,  $\frac{1}{2}$  teaspoon salt. Sift dry ingredients, chop in butter coarsely with knife. Mix with lemon juice and water to fairly stiff dough. Roll out, fold in twice to resemble an envelope. Turn rough edges to the right. Repeat this process four times. This pastry is good for fruit and meat pies.

### SHORT PIE CRUST

Half pound of flour,  $\frac{1}{4}$  lb. dripping,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon cream of tartar, small  $\frac{1}{2}$  cup of water. Cream dripping, rub it into the flour sifted with the cream of tartar, dissolve soda in the water and add. Roll out and put on either meat or fruit pie or use for tarts.

### SHORT PLAIN PASTRY (Wholemeal)

Two cups of wholemeal flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  teaspoon baking powder, pinch salt, milk or water to mix. Rub butter into flour, salt, and baking powder. Mix in enough milk or water to make a firm paste. Roll and fold 3 or 4 times. Bake in hot oven 10 to 15 minutes.

### SOUR CREAM PASTRY

Half a cup of sour cream,  $\frac{1}{4}$  lb. butter, 1 breakfast cup flour. No rising. Mix well, roll out thin, and bake in a hot oven. Handy for stewed fruit.

### SUET PASTRY

#### (For Sweet, or Meat Puddings or Dumplings)

Two cups of flour sifted with pinch of salt and 2 teaspoons Edmonds baking powder. Mix in thoroughly 1 cup of shredded suet, and mix with cold water to a soft dough. For savoury dumplings add grated onion and chopped parsley or mint.

### WHEAT BISCUITS

WHOLEMEAL FLOUR 1 CUP  
SUGAR 1/2 CUP  
BUTTER 1/2 CUP  
EGGS 2  
MILK 1/2 CUP  
SALT 1/4 TEASPOON  
BAKING POWDER 1/2 TEASPOON  
CHOCOLATE 1/2 CUP

### WAFFLE EGGS CIGARETTES

WHOLEMEAL FLOUR 1 CUP  
SUGAR 1/2 CUP  
BUTTER 1/2 CUP  
MILK 1/2 CUP  
SALT 1/4 TEASPOON  
BAKING POWDER 1/2 TEASPOON

### WHEAT BISCUITS

WHOLEMEAL FLOUR 1 CUP  
SUGAR 1/2 CUP  
BUTTER 1/2 CUP  
MILK 1/2 CUP  
SALT 1/4 TEASPOON  
BAKING POWDER 1/2 TEASPOON  
CHOCOLATE 1/2 CUP

### WHEAT WHEAT PUFFED RICE BISCUITS

WHOLEMEAL FLOUR 1 CUP  
SUGAR 1/2 CUP  
BUTTER 1/2 CUP  
MILK 1/2 CUP  
SALT 1/4 TEASPOON  
BAKING POWDER 1/2 TEASPOON  
CHOCOLATE 1/2 CUP

WHOLEMEAL FLOUR 1 CUP  
SUGAR 1/2 CUP  
BUTTER 1/2 CUP  
MILK 1/2 CUP  
SALT 1/4 TEASPOON  
BAKING POWDER 1/2 TEASPOON  
CHOCOLATE 1/2 CUP

### WHEAT BISCUITS

### WHEAT BISCUITS

## SUPPER SPECIALITIES

### ADMIRAL'S HATS

Roll good puff pastry about  $\frac{1}{8}$  inch thick. Cut rounds about 3 inches across, put in centre of each a savoury mixture, wet round edges, pinch together to form 3 peaks, brush over with egg, and bake in hot oven about 20 minutes.

*SAVOURY MIXTURE:* Flake  $\frac{1}{2}$  lb. smoked fish, put in saucepan with 1 tablespoon butter, 1 tablespoon lemon juice, cayenne pepper, salt and white pepper to taste, yolk of 1 egg. Stir till heated through.

### APPLE AND MAYONNAISE SANDWICHES

Use brown bread, spread with fresh butter. Slice crisp, rather tart apples in thin slices and put between slices of bread, with a little thick mayonnaise. The apples may be coarsely grated and mixed with the mayonnaise if preferred.

### APPLE SAVOURY

Core an apple—do not peel. Cut down in rings. Spread with cream cheese, and sprinkle with chopped nuts.

### ASPARAGUS CIGARETTES

Cut thin triangular pieces of fresh white bread, spread with butter and a dusting of grated cheese. On these place cooked asparagus tips, about 3 inches long, roll up. Brush over with melted butter and grill brown all over.

### BACON ROLLS

Almost anything you like can be rolled in bacon, grilled and served on picks. For example:

1. Eight strips of bacon, 4 tablespoons peanut butter. Spread strips of uncooked bacon with peanut butter. Roll up tightly and fasten with toothpick. Grill until crisp.
2. Spread a slice of bacon with 1 teaspoon finely grated cheese and  $\frac{1}{4}$  teaspoon chutney. Roll up tightly and fasten with toothpick. Grill until crisp.

### BREAD BASES FOR SPREADS

White or wholemeal bread can be used. Cut bread into  $\frac{1}{4}$  inch slices, and then into shapes, circles, triangles, etc. Fry brown on one side in butter or margarine. Spread on the un-browned side with spread.

### CELERY BALLS

One cup minced celery, 3 ozs. cream cheese,  $\frac{1}{4}$  teaspoon salt, dash pepper, few grains cayenne. Roll in chopped parsley. Form into balls, chill. Serve on picks.

### CELERY RINGS (Stuffed)

One medium bunch celery. Sufficient soft processed cheese or cream cheese. Cut top from celery, wash, and dry each stalk. Fill smallest stalk with cheese, then the next smallest stalk and press firmly into the first one. Continue filling and pressing stalks together until all the celery is formed into a bunch. Tie with string and chill. Slice crosswise into  $\frac{1}{2}$  inch slices and serve plain or on lettuce. Or fill stalks with ham-butter, made by mixing  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  lb. cooked ham, 2 hard-cooked eggs, chopped, a dash of pepper and mustard.

### CELERY WAFERS

One large cup fine wholemeal, 1 cup flour, 1 teaspoon celery salt,  $\frac{1}{4}$  lb. butter or fat, 1 packet celery soup powder, 1 teaspoon baking powder. Rub butter into other ingredients sifted, and mix all with a little cold water. Roll out very thin and cut into wafers. Bake in medium oven until a light brown colour.

### CHEESE BALLS

Mix 4 ozs. grated cheese with 2 egg whites, beaten stiff. Drop balls of this into deep boiling fat (or good blue-smoking olive oil). Lift them out with a draining spoon when golden brown, and keep them very hot till they can be served. A dust of paprika is an improvement.

### CHEESE SAVOURY

About 3 oz. each of butter, cheese and flour. Melt butter, fold in cheese and flour, a little salt and pepper, and a few drops celery essence. Roll thin, cut into rounds or squares, and bake light brown. Serve buttered and spread with chives, tomatoes etc.

### CHEESE BISCUITS

Two ounces of butter,  $\frac{3}{4}$  cup sliced cheese,  $\frac{3}{4}$  teacup milk, 1 teaspoon salt, 1 egg, 2 cups flour, pinch cayenne, 1 level teaspoon baking powder. Beat butter, egg, cheese, etc., together, add salt, baking powder and flour, and milk to make dough. Roll out two or three times like puff pastry. Bake moderate oven. Very nice split and filled with chopped eggs and chives.

### CHEESE BISCUITS (Puffy)

Two cups flour, 4 oz. sliced cheese, salt and cayenne to taste, 4 oz. butter, 1 teaspoon baking powder. Sift flour, salt and cayenne, rub in 2 oz. of butter and all the cheese. Mix into a stiff paste with water. Roll out this pastry, cut up the other 2 oz. butter on top, and sprinkle the baking powder on top of the butter. Fold over into three and roll out again twice. Last time roll fairly thin. Cut into squares with handle of spoon or fork. Knife prevents puffing. Bake 15 minutes approximately.

### CHEESE BUSTERS

Equal parts of flour, wholemeal and grated or finely-sliced cheese, also a pinch of salt. Use a soft cheese, and rub it into the flour and salt like butter. Mix to a stiff paste with cold water. Roll out paper thin, and cut into shapes. Bake in slow oven till pale brown.

### CHEESE CARROTS

Three ounces cream cheese,  $\frac{1}{2}$  cup grated carrot,  $\frac{1}{4}$  teaspoon salt, dash cayenne, 4 drops Worcester Sauce, 1 tablespoon chopped chives or onions, parsley sprigs. Mix cream cheese and carrot, season with salt, cayenne, Worcester Sauce and chives. Roll into miniature carrot shapes, Chill until firm. Stick a tiny sprig of parsley into each "carrot" to resemble tops. Makes 8 "carrots".

### CHEESE TART FILLING

Cream 2 tablespoons butter. Add  $\frac{1}{2}$  cup breadcrumbs alternately with 1 beaten egg, add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup sliced cheese,  $\frac{1}{2}$  teaspoon baking powder, a little milk. Mix all, bake in pastry-lined patty tins.

## CHEESE GONDOLAS

Roll out flaky pastry, thinly, sprinkle well with finely sliced or grated cheese; fold over, and roll it in. Repeat. Take some ordinary paper cake containers, and pull them out until they are oval. Cut a little off the sides to make them boat shaped. Roll out the pastry thin, cut into ovals, and fit into the shaped shells. Put a crust on the bottom to keep it flat, and bake in a fairly hot oven. Fill with any savoury filling, such as cheese custard, or egg and bacon custard, etc. Could use tins, and bend them back in shape after. Pretty for party.

## CHEESE SAVOURIES

Mix 2 oz. flour and 2 oz. best cornflour to a paste, with a little water taken from a measured  $\frac{1}{2}$  pint. Put the rest of the water and 1 oz. butter on to heat. Stir in the paste and work with wooden spoon over heat until mixture leaves sides of pan cleanly. Let cool. Add 2 eggs one by one, beating thoroughly. Add 3 oz. grated cheese and a pinch of cayenne. Drop dessertspoonfuls into very hot butter in frying-pan. Cook 10 to 14 minutes. Drain on paper. Serve hot sprinkled with cheese.

## CHEESE SAVOURIES

Line patty tins with thinly rolled out flaky pastry and fill with the following mixture: One small egg well beaten, 1 rasher lean bacon chopped finely, 1 tablespoon grated onion,  $\frac{1}{4}$  cup grated cheese, about 1 cup left-over cold mashed potato, seasoning to taste. Mix all together, and make in good oven till mixture is golden brown.

## CHEESE STICKS

Cut slices of brown bread  $\frac{1}{4}$  inch thick, remove crusts. Cut into strips, and dip in sweetened condensed milk. Roll in grated cheese, and bake on greased tin in slow oven till brown.

## CHEESE ON TOAST

Cut thin strips of cheese and place on hot (unbuttered) toast. (Grated cheese may be used if preferred). Then smear lightly with mixed mustard and grill. Chopped ham may be sprinkled on top (and is delicious) before grilling.

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Use HANSELL'S JELLY CRYSTALS for best results

## CHEESE SHORTIES

Cream  $\frac{1}{4}$  lb. butter and 1 teaspoon icing sugar, a good  $\frac{1}{2}$  teaspoon celery flavouring. Sift in 1 large cup flour, 2 tablespoons cornflour, good pinch of salt, a little paprika, and a pinch of cayenne. Lastly add 4 oz. shredded cheese. Knead all well together, roll out fairly thin, prick all over with fork, and cut into small rounds with cutter. Bake in slow oven until golden brown and crisp. Keep in airtight tins.

## CHEESE SPREAD

Melt together (in a double saucepan or a basin standing in a saucepan of boiling water) a half-pound of cut-up packet cheese and one tinfoil of sweetened condensed milk. Beat and stir till smooth. Remove from heat and add one or two tablespoons of butter, and a seasoning of pepper, salt and mustard. Keep in covered jar in cold safe.

## CHEESE SQUARES (Toasted)

Twelve 1 inch cubes of day-old bread, 4 tablespoons butter or margarine, 1 cup grated processed cheese. Spread the bread cubes on 5 sides with butter. Roll in grated cheese and arrange, unbuttered side down, on cake rack, or on griller. Either grill, or do in the top of a hot oven for about 2 or 3 minutes, or until the cheese is melted and delicately browned.

## CORN FILLING FOR TARTS (Sweet)

Mix a tin of sweet corn with sufficient rich white sauce to bind. Season with salt and cayenne. Fill pastry lined patty-cases and bake, or fill cream puff cases. Flaky pastry is best. Add a sprinkle of very finely chopped parsley when cooked.

## CORN ROLLS (Hot)

Put into a dish 1 cup of cooked and drained corn (or a tin of corn). Add pepper and salt to taste, and curry powder if liked. Cut thin slices of fresh white bread, butter generously. Shape corn into finger lengths as thick as large pieces of asparagus, and roll up in bread, as if making asparagus rolls. Put into a hot oven, and heat thoroughly for 10 minutes.

### CINNAMON STICKS

Cut stale bread into strips 1 inch thick and 1 inch wide. Dip into sweetened condensed milk mixed with water in the proportion of 2 to 1. Fry golden brown in butter, then, while hot, roll in mixed sugar and cinnamon.

### CREAMED HAM PUFFS

One cup cooked ham, finely chopped,  $\frac{1}{4}$  teaspoon ground nutmeg, 1 tablespoon butter, 1 tablespoon flour,  $\frac{1}{2}$  cup milk,  $\frac{1}{4}$  teaspoon salt, and some puff pastry. Roll pastry thin, cut into 3 inch squares. Melt butter in small saucepan, add flour, salt and nutmeg, and mix till smooth. Add milk slowly, bring to boil, stirring. Cook 3 minutes. Stir in ham. Place a spoonful creamed ham in centre of each square. Fold corners to middle, press together. Brush with egg yolk beaten with milk or water. Bake hot oven until golden brown. Serve hot.

### EGG AND GHERKIN FILLING

To 3 hard-boiled eggs allow about 6 gherkins. Chop eggs and gherkins, mix to paste with mayonnaise, or cream flavoured with Marmite. Add pepper and salt to taste. Spread on open sandwiches, or savoury biscuits.

### FISH PASTE

Half a cup of smoked minced fish, 1 tablespoon tomato sauce, pepper to taste, butter the size of a walnut. Mash well together. For biscuits or toast.

### GREEN BALLS

Half a cup of grated soft cheese,  $\frac{1}{2}$  cup minced ham,  $\frac{1}{2}$  teaspoon prepared mustard, 1 egg yolk,  $\frac{1}{4}$  teaspoon salt, dash pepper. Roll in minced chives or parsley. Form into balls. Chill and serve on picks.

### HONEY CHEESE LOAF

Cream 2 dessertspoons butter, 2 tablespoons sugar, 1 good tablespoon honey, and  $\frac{1}{2}$  cup thinly sliced cheese. Cream all well. Add 1 beaten egg, sift in 1 large cup flour and 2 level teaspoons baking powder, pinch salt,  $\frac{1}{2}$  cup raisins (or nuts and raisins). Mix with 2 tablespoons milk. Steam in greased billy with

good fitting lid, or pudding basin with good lid, about 1½ hours. Butter slices for supper.

### LITTLE BOATS

Mix 4 oz. sifted flour, pinch cayenne, 2 tablespoons grated cheese, ½ teaspoon salt, ¼ teaspoon mustard. Rub in 1 oz. butter. Bind into paste with 1 egg yolk and a little water. Knead lightly, roll out thinly and line boat-shaped tins. This may be done quickly by arranging the tins closely, spreading the rolled paste on top, and lightly rolling with rolling pin. Pastry gets cut into the shapes of the tins. Prick well all over and bake in moderate oven.

Suggestions for fillings:—Diced crayfish flavoured with lemon juice, salt and cayenne, and bound with white sauce or mayonnaise—garnish with slices of lemon.

Cooked brains, salt, cayenne and nutmeg flavourings, bound with white sauce. Garnish with sprigs of parsley.

Whitebait flavoured with lemon juice, salt and cayenne, bound with white sauce or mayonnaise.

### MEAT PASTE

One pound beef-steak, cut up, ¼ lb. butter, ¼ teaspoon nutmeg, 1 small teaspoon salt, 2 tablespoons Anchovy Sauce, 1 small teaspoon pepper. Put all in basin, and steam till cooked. Then put through mincer, adding the gravy which has been saved. Beat to a smooth paste. Use on biscuits.

### MIDGET DOUGHNUTS

Cut bread into 1 inch cubes. Roll in condensed milk (sweetened). Fry in hot deep fat 1 minute or until golden brown.

### MOCK CRAB

Melt about 1 tablespoon butter, add 4 tablespoons grated cheese, and flavour with a dash of Worcester Sauce, and about a dessertspoon Tomato Sauce. Mix well. Use on biscuits.

### MOCK CRAB (A Spread)

Two hard-boiled eggs, finely chopped, 1 tablespoon butter, 2 tablespoons vinegar, 1 breakfast cup grated cheese, 1 teaspoon sugar, salt and pepper and mustard to taste. Mash all well together. Delicious savoury on biscuits or pastry.

## OPEN SANDWICHES

Cut brown or white bread  $\frac{1}{4}$  inch thick, and spread with pink butter, made by creaming butter with salmon and shrimp paste, or lobster and tomato paste. Cut the bread into rounds. Place a thin slice of peeled tomato in the centre, and surround with chopped olives; spread a little mayonnaise on the tomato. Instead of tomato slices, put hard-boiled grated egg, and chopped egg white around, sprinkled with finely chopped parsley.

## PATTY PAN SAVOURIES

Line patty pans with pastry, fill with mixture of left-over potatoes creamed with milk and butter and flavoured with flaked salmon or other fish, chopped chives and parsley. Decorate by sprinkling with chopped gherkins, or pickled onions or olives. The same savoury mixture may be filled into cream puff cases.

## OYSTER BISCUITS (Hot)

Make a good short pastry with 2 cups fine wholemeal,  $\frac{1}{2}$  cup Vi-max,  $\frac{1}{2}$  teaspoon baking powder, pinch salt and cayenne, 1 cup of good shortening, rubbed in lightly. Moisten with 1 beaten egg, 1 tablespoon water, and a teaspoon of anchovy sauce if possible. Roll out on floured board to  $\frac{1}{4}$  inch thickness. Cut into rounds 3 inches in diameter, brush with melted butter, put 1 oyster seasoned with lemon juice and cayenne, in centre of each round, cover each oyster with a second pastry circle, press or pinch edges together, brush with milk or beaten egg, bake on greased slide, moderate oven 12 to 15 minutes. Serve hot, garnished with lemon rings and parsley sprigs.

## OYSTER PATTIES

Have ready cooked the pastry cases with separate lids. Melt 1 tablespoon butter, add 1 tablespoon flour, and mix to a smooth paste. Add about a breakfast cup of milk, gradually stirring all the time; add 1 or 2 dessertspoons of oyster liquor, and stir till thick and smooth. Beard oysters, and cut smaller and add to the sauce with a little seasoning of pepper, and mace or nutmeg; also a little lemon juice. When oysters are hot (do not boil) fill the pastry cases. Heat before serving.

### OYSTER PUFFS (Hot)

Six ounces flour, 3 oz. butter,  $\frac{1}{2}$  small teaspoon baking powder, about 3 tablespoons milk, about  $\frac{1}{2}$  teaspoon salt, cayenne pepper to taste, 2 dozen or more of oysters, 1 tablespoon extra butter. Sift dry ingredients; rub in the 3 oz. butter, bind to soft dough with the milk. Roll out fairly thin. Brush top over with the extra butter melted. Cut half of the mixture out into rounds. Place an oyster on top of each round. Cut out balance of pastry, completely cover oyster with these rounds, the buttered side to oysters. Place on cold scone tray. Brush top of oyster biscuits with beaten egg. Bake in moderate oven. Time about 20 minutes.

### PATE DE FOIS GRAS—MOCK (No egg)

Half pound liver (pig's, calf's or lamb's will do),  $\frac{1}{4}$  lb. bacon, or more if liked, about a teacup of milk, 1 heaped tablespoon flour,  $\frac{1}{2}$  teaspoon each ground cloves, thyme and pepper,  $\frac{1}{2}$  teaspoon salt. Put liver and bacon through mincer, add dry ingredients, and lastly the milk, in which the thyme has been boiled. Pour into buttered dish, cover, and bake 1- $\frac{1}{2}$  hours. Turn out hot and serve cold.

### PATE DE FOIS GRAS—MOCK (1 egg)

Half a pound cooked calf's or sheep's liver, 3 or 4 oz. uncooked fat bacon, 1 dessertspoon chopped parsley, 1 dessertspoon grated onion, 1 egg, pinch ground mace and allspice, 1 teaspoon made mustard, pepper and salt, some browned bread crumbs. Put liver and bacon 2 or 3 times through a mincer. Add parsley and different seasonings, mix well with lightly beaten egg. Grease basin, line inside with breadcrumbs, and fill with mixture. Twist piece of greased paper over top and bake in moderate oven  $\frac{3}{4}$  hour. Cut in slices when cold. Can be steamed or baked. Must be mixed nice and smooth. For biscuits or sandwiches.

### POTATO AND CHEESE COCKTAIL SAVOURIES

One cup mashed potato, 1 oz. butter, dash of cayenne, 1 teaspoon chopped parsley, 1 oz. grated cheese, 1 egg to bind. Roll this mixture into balls and cook in the oven. Place a blanched almond on each.

### PINEAPPLE CHEESE SQUARES

Cut slices of cheese into squares slightly larger than cubes of pineapple. Stand pineapple cubes on top of cheese squares, top with a crystallised cherry, and stick all together with a toothpick.

### PRUNE AND BACON SAVOURY

Wrap rashers of fat bacon round soaked prunes, and set on rings of apples (allow 1 rasher, 1 prune, and 1 apple ring to each person). Set on buttered baking-sheet and bake till bacon is crisp and apple soft.

### STUFFED PRUNES

Soak prunes in usual way, boil gently, adding cold tea to the water to improve the colour. Remove the stones. Dry in cool oven for 1 hour. Stuff with grated cheese coloured with a few drops of beetroot juice; or spinach green. Or stuff prunes with marzipan, bought in pound packets, like butter.

### SANDWICH FILLINGS

Grated cheese, diced celery and chopped walnuts mixed with cream or dressing. Honey and chopped nuts on brown bread. Seeded and finely chopped raisins mixed with chopped apple, pineapple, nuts, etc. Curried eggs and chopped olives. Almonds, walnuts, and brazil nuts pounded together with a spoonful of cream, pinch of cayenne, and grating of nutmeg added.

Soak 1 lb. dates, 1 lb. prunes, 1 lb. raisins and 1 lb. figs in a very little water. Next day put through mincer with a large apple added and then place mixture in glass screw top jars with a little cinnamon sprinkled on top, as cinnamon acts as a preservative.

### SANDWICH SUGGESTIONS

1. Hard boiled egg chopped finely and mixed with chutney.
2. Use parsley butter, made by creaming the butter with chopped parsley. Cress may be used in the same way.
3. Use red butter, made by creaming the butter with a little anchovy paste.
4. Pink butter is made by creaming the butter with salmon and shrimp paste.

5. Mince any left-over meats, putting them twice through the mincer. Mix with a little butter and a few drops of any sauce like—tomato, Worcester or pickle paste.
6. Hard boiled egg mixed with pickle paste.
7. Slices of cucumber topped with chopped sardines moistened with lemon juice and mayonnaise.
8. Tomato and apple sauce.
9. Grated cheese and chopped spring onion.
10. Grated carrot mixed with enough mayonnaise to moisten.
11. Chopped celery, mashed cheese, mayonnaise, and a few drops of Worcester Sauce.
12. Cream cheese, chopped olives and mayonnaise.
13. Baked beans and chopped pickle.
14. Chopped ham and hard boiled egg, with mayonnaise.
15. Peanut butter and chopped ginger.
16. Peanut butter and chopped dates.
17. Tongue, pickle and mayonnaise.
18. Chopped egg, sardine and mayonnaise—pickle paste optional.
19. Spread thin bread with butter and soft filling, roll and fasten with toothpick.
20. Have bottom slice of white bread, and top piece brown bread.
21. Have open sandwiches,—cut bread into fancy shapes, spread with creamed butter and filling. Decorate with nuts, parsley, etc.
22. Club sandwich—toast 3 slices of bread. Fill between each layer, and serve hot.
23. Cheese and pineapple.

### SARDINE APPETISER

Make a paste out of equal parts of hard-boiled egg yolks and mashed sardines—add a little lemon juice, spread on toast fingers or water biscuits. Chop the hard-boiled egg whites very fine, mix with a bit of chopped parsley and sprinkle over each appetiser.

### SARDINE BROWNIES

With a small cookie cutter, cut brown bread into rounds. Place a thin slice of cucumber on each round. On top of this place chopped sardines to which lemon juice and a touch of mayonnaise have been added.

### SARDINE ROLLS

Cut slices of very thin bread (brown or white). Cover each with either whole sardines, or sardines chopped and mixed with a little mayonnaise. Roll up each slice, fasten with toothpick, and toast in oven, or under griller, till golden brown. Serve hot.

### SAVOURY SUPPER BISCUITS

One and a half cups of flour,  $\frac{1}{4}$  lb. grated cheese, a little cayenne pepper,  $\frac{1}{4}$  lb. butter, 1 level teaspoon salt, 1 teaspoon Marmite, in hot water. Rub the butter well into the flour, then add grated cheese etc. Mix to a very dry dough with the dissolved Marmite. Roll to wafer thinness, cut into strips, place on cold tray, and bake in hot oven, till golden brown.

### SAVOURY STUFFED EGGS

To every 4 hard-boiled eggs allow  $1\frac{1}{2}$  tablespoons butter, 1 tablespoon Worcester sauce, 2 teaspoons finely chopped onion, seasoning of salt, celery salt and cayenne. Remove shell from eggs. Cut a thin slice from both ends of eggs to allow egg to stand firmly. Cut eggs in half. Take out yolks, cream the butter, add yolks and other ingredients. Beat together till soft and smooth, add a little milk if desired. Fill the egg whites. Mark top with a fork, garnish with parsley and paprika. Serve on bed of shredded lettuce or in lettuce cups. May add tomato sauce in place of Worcester Sauce or leave out sauce and add curry powder to suit taste, or chives finely chopped, or garlic. With or without curry powder.

### SWEDISH SANDWICHES

First make Mustard butter—(Cream butter with a little dry mustard). Then make Parsley butter—(Cream butter with finely chopped parsley, and a drop or two of lemon juice). Butter a slice of brown bread one side with the mustard butter. Lay on this a slice of tongue or underdone beef; then butter a piece of white bread both sides with parsley butter. Lay on the tongue. Now put a slice of brown bread buttered, both sides with mustard butter, and repeat from beginning, till sandwich is thick enough. Put away over night with a weight on top. Next day when needed cut sandwiches across and serve.

### SAVOURY TARTS

Line patty tins with thinly rolled out flaky pastry, and fill with this mixture: One small egg well beaten, 1 rasher lean bacon chopped finely, 1 tablespoon grated onion,  $\frac{1}{4}$  cup cheese grated, about 1 cup left-over cold mashed potatoes, seasoning to taste. Mix all together. Bake in good oven till golden brown.

### SAVOURIES (No eggs)

Roll out flaky or puff pastry. Spread with  $\frac{1}{4}$  lb. minced ham, and 2 tablespoons mashed potato, little mustard, cayenne, 1 dessertspoon melted butter,  $\frac{1}{2}$  teaspoon finely minced onion. Roll up like jam roll—cut in rounds  $\frac{1}{4}$  inch thick. Bake in hot oven.

### SAVOURY BISCUITS

After making pies, etc., with short or flaky pastry, gather up the odd pieces, roll out again, and spread with any savoury paste—minced tongue, or ham, or beef, with a sprinkling of chopped chives or a little sweet pickle. Fold the pastry over, roll out again, cut into squares or fingers, and bake to a nice brown.

### SAVOURY FILLING (For sandwiches, or spread for Biscuits).

Put in saucepan 1 tablespoon butter, 2 tablespoons milk, little cayenne, mustard, salt and pepper to taste. Bring slowly to the boil. Take off immediately, add 6 tablespoons finely sliced cheese. Beat all up with a fork. Add a little finely chopped celery, or chopped walnuts.

### SAVOURY FINGERS

One breakfastcup mashed potatoes (warm), 1 breakfastcup fine Vi-max, 2 teaspoons baking powder, 1 dessertspoon chopped parsley, salt and pepper to taste,  $\frac{1}{2}$  cup grated cheese,  $\frac{1}{4}$  cup dripping or butter, 1 egg, 1 teaspoon Marmite dissolved in 1 tablespoon of milk. Rub fat into Vi-max, add baking powder, cheese and seasonings. Beat egg white into potatoes, add milk and Marmite. Mix all to a firm dough. Roll out, cut into fingers. Brush over with egg yolk and bake slowly 15 to 20 minutes.

### SAVOURY FINGERS (No. 2)

Four ounces tasty cheese, 1 tablespoon vinegar, 1 teaspoon mustard, 1 teaspoon butter, 1 teaspoon sugar, 1 teaspoon salt, 1 teaspoon pepper, 1 egg. Melt butter. Beat the egg with the cheese. Stir and add with other ingredients to the melted butter. Cook a few minutes. Slice stale bread thinly into fingers, spread with the mixture, and cook in slow oven till crisp.

### SAVOURY PUFFS

Put in saucepan 1 oz. butter, add  $\frac{3}{4}$  teacup water. When boiling, sift in 2 oz. flour and a pinch of salt. Stir well over fire, till mixture is one thick lump. Cool; add 2 eggs one at a time, beating after each. Beat till shiny. Put small teaspoonfuls on cold greased tray, bake in hot oven 20 to 25 minutes, according to size. Do not open oven door first 10 minutes. When puffs are risen and set, the heat may be decreased a little. Scoop out any soft inside part before filling.

*FILLINGS:* Diced crayfish flavoured with lemon juice, salt and cayenne, bound with white sauce or mayonnaise.

Chopped ham, gherkins, and French Mustard well mixed together.

Asparagus tips cut into small pieces, put in white sauce, flavoured with salt, cayenne, and lemon juice.

Flaked salmon, flavoured with lemon juice, salt and cayenne, bound with white sauce, with a dash of curry powder added.

### TARGETS

Roll pastry to a fairly long narrow oblong and on this spread minced lean bacon and onion, and some grated cheese and seasoning. Make into a long roll and cut off slices and bake like biscuits on a cold oven slide in hot oven. They resemble targets for they have the outer circle of pastry and then bacon, etc., every other line into the centre.

### TOMATO PASTE (Without breadcrumbs)

Half a pound of tomatoes, 1 oz. processed cheese, 1 oz. butter, 1 egg, pepper and salt. Skin tomatoes, mash, add the butter, and cook. Add cheese, beaten egg, and seasoning. Cook till thick in double saucepan. Do not boil. Put into small pots.

### TOMATO FILLING FOR SANDWICHES

Simmer 6 large skinned tomatoes and a small finely chopped onion in a pan with a small piece of butter, until cooked. Then add 1 beaten egg, a tablespoon of breadcrumbs, 2 tablespoons of grated cheese, and pepper and salt. Stir well and press into small glass jars. Seal with melted paraffin wax and cover. Makes a wonderful sandwich spread, or for small savoury biscuits.

### TOMATO PASTE (Potted)

Three medium tomatoes, 2 oz. grated cheese, 1 small finely chopped onion, 1 egg,  $\frac{1}{2}$  oz. butter, pepper and salt. Peel the tomatoes and cut up in a small saucepan with the butter and onion. When tender, mash smoothly and add the beaten egg. Stir quickly until it becomes thick. Add the cheese and some breadcrumbs last—when off the fire. Turn into a pot or small pots and cover with melted butter or wax.

### VI-MAX CHEESE STRAWS

Two ounces of Vi-max, 2 oz. butter,  $\frac{1}{2}$  teaspoon baking powder, 2 oz. wholemeal, 3 oz. grated cheese, salt and cayenne. Rub butter into dry ingredients, add grated cheese and mix with milk. Roll out, cut into fingers. Bake pale brown. Sardines mixed with chutney makes a nice spread.

### VOL-AU-VENT CASES (For savouries)

Roll puff pastry to about  $\frac{3}{4}$  inch in thickness. With a large cutter, stamp out rounds; with a cutter 3 sizes smaller make a mark half-way through each round; bake in a quick oven for  $\frac{3}{4}$  to 1 hour. Reduce heat gradually. Lift off the inner circle which you marked, remove the soft centre, return the case to a moderate oven for about 10 minutes. The case is then ready to be filled with any mixture desired. Place the inner circles (or lids) on top of mixture as desired. Best served hot. Smaller cases are made in the same way, only rolled out thinner, cut with small cutters, and baked a shorter time.

## JAMS AND JELLIES

### STANDARD JAM METHOD

An experienced and successful home-maker uses this recipe for all jam making—6 lb. fruit (not too ripe), 6 pints water, 8 lb. sugar. The fruit may be all of one kind, or mixed, say 4 lb. plums, 2 lb. raspberries etc. Boil the fruit slowly in the water till tender, and have the sugar warmed. Stir in the sugar, continue stirring till thoroughly dissolved, and then boil HARD, a rolling boil, till it will set when tested; sometimes  $\frac{3}{4}$  hour sometimes less, or more, according to the fruit. If desired a jam can be strained to get out seeds or skins.

### APPLE AND GREEN TOMATO JAM (or Marmalade)

Four pounds green tomatoes, 4 lb. sugar, 2 oranges, 2 lb. apples after peeling,  $\frac{1}{8}$  lb. preserved ginger, 2 lemons, 1 dessert-spoon salt. Cut up apples and tomatoes; shred lemons and oranges, or mince. Cover with water and allow to stand overnight. Boil till tender, stand aside 1 hour, add warmed sugar and preserved ginger, and cook till it jellies and sugar is dissolved. Just before bottling, add salt, and 1 teaspoon each of clove and ginger flavourings. Stir in well and bottle.

### APRICOT JAM (Dried)

Two pounds dried apricots, 7 lb. sugar, 5 pints water, 2 tins crushed pineapple. Wash apricots in hot water and a little baking soda. Then soak all night with the 5 pints water. Next day boil 30 to 40 minutes, add warmed sugar, and pineapple, boil till it will set, about  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, stirring constantly. Half quantities may be used.

### APRICOT JAM (Fresh)

Wipe with a damp cloth. Cut in halves, remove stones, and weigh. Allow pound for pound of sugar. Lay the fruit in pan, with layers of sugar, and stand overnight. Next day, bring slowly to the boil, stirring constantly, and boil quickly till it will set—30 to 40 minutes.

### APRICOT JAM (Ripe)

Three pounds sugar, 2 lbs. ripe apricots,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Stone apricots, cut into small pieces, and crush thoroughly. Do not peel. Measure sugar and  $1\frac{3}{4}$  lbs. prepared fruit into large preserving pan, mix well, and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### APRICOT GINGER (with pulp)

Grate the rinds of 3 or 4 lemons, and cook in a cupful of water till tender. Then put into a preserving pan a 7 lb. tin of apricot pulp, 7 lb. of sugar, the juice of the lemons, the cooked rind, and  $\frac{1}{2}$  lb. preserved ginger chopped finely. Bring to boil, and continue boiling, until will set—probably about 15 minutes—stirring constantly.

### APPLE JELLY—New

Cut about 6 lb. unripe apples into small pieces, skins and cores as well. Barely cover with water, bring to the boil and boil about  $\frac{1}{2}$  hour. Leave till cool, strain through jelly bag all night. Next day, measure, bring to the boil, add 1 cup sugar to 1 cup liquid; the juice 2 lemons; 1 teaspoon salt; 1 tablespoon butter. Boil briskly  $\frac{1}{2}$  hour or until it will set. Take off fire, stir in 1 bottle raspberry essence. Stir well and bottle hot. Strawberry essence may be used; also lime essence with a little green food flavouring.

### APPLE JUICE FOR SETTING JAM

Cut up windfalls as for apple jelly, using skins and cores. Barely cover with water, boil well, strain through coarse jelly bag, but do not squeeze. When added to jam it makes a nice stiffness. Good to use with black currants or strawberries.

### APPLE AND RASPBERRY JAM

Three pounds of apples, 3 lb. raspberry pulp, 6 lb. sugar. Peel and core apples, use just enough water to cook them, then add raspberry pulp and bring to boil. Add sugar, stir well, then boil  $\frac{3}{4}$  to 1 hour, no more, or the raspberry loses the nice red colour.

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Use HANSELL'S CITRIC ACID in your cooking

### APPLE AND GRAPE CONSERVE

One and a half pounds of apples,  $\frac{3}{4}$  cup sugar to each cup pulp, 3 lb. grapes and a few mint leaves. Wash grapes and simmer till soft with the mint leaves; rub through wire sieve. Peel and core and slice apples, put in pan and cook till soft; add grape pulp and measure. Bring to boil and stir well; add warm sugar and cook about ten minutes, or till it will set when tested. Seal at once in sterilized jars. Result—about 4 lb. good grape conserve.

### APRICOT AND APPLE JAM

Soak 2 lb. of dried apricots and 2 lemons (cut finely) in 4 pints of water for 24 hours. Peel and slice 5 lb. of apples. Put all into a preserving pan with enough water to cover, and boil until quite soft. Add 7 lb. sugar and boil quickly for  $\frac{1}{2}$  hour, or until a little will jell when tested.

### APRICOT AND ORANGE JAM

Two pounds washed dried apricots, 8 lb. sugar, 5 medium-sized oranges, 14 breakfastcups water. Soak apricots with grated rind and sliced orange pulp for 24 hours in the water. Next day bring to the boil, boil half an hour. Add sugar, and boil another half hour, stirring constantly, or until it jellies.

### DRIED APRICOT AND LEMON JAM

One pound of dried apricots, 5 lb. sugar, 1 lb. lemons, 5 pints boiling water. Pour the boiling water over the apricots, and soak overnight. Boil lemons until tender. Drain well, and when cold slice very thinly, removing the pips. Boil the apricots till pulpy, then add lemons and sugar and boil jam till it sets—about 1 hour.

### DRIED APRICOT AND TREE TOMATO JAM

Wash 2 lb. apricots in hot water with a little baking soda. Rinse in clear water. Soak in 5 pints water for 3 days. Then skin 2 lb. tree tomatoes, and boil all together till soft. Add  $7\frac{1}{2}$  lb. sugar, boil  $\frac{3}{4}$  hour, or until it will set, stirring constantly. This jam burns easily.

### A.T.P. JAM

Two pounds of apples, 4 lb. ripe tomatoes, 18 passionfruit. Skin and slice tomatoes. Peel and slice apples. Boil together till soft. Add 5 lb. sugar; when dissolved boil very fast for 30 minutes. Then add passionfruit pulp and boil until it will set when tested.

### BANANA-PASSIONFRUIT AND TOMATO JAM

To every 1 lb. of tomatoes add 6 banana-passionfruit, 1 lb. of sugar and the juice of 1 lemon. Pour boiling water over the tomatoes, which makes them easy to peel. Peel and cut up tomatoes, add the peeled banana-passionfruit and lemon juice, place all in a pan together, and bring gently to the boil, then add sugar and boil until a little will set when tested.

### BANANA-PASSIONFRUIT JAM

Scoop out contents of pods, and weigh. Allow  $\frac{3}{4}$  lb. sugar to 1 lb. pulp. Boil with a little water until cooked, then strain through colander to remove seeds. Boil again with sugar until it will set. Bottle while hot.

### BLACKBERRY JAM

Wash the berries, drain through colander, add 1 tablespoon of water to each pound of fruit; simmer slowly till quite soft. Add 1 lb. sugar to each 1 lb. fruit. Stir well. Boil till it jells.

### BLACKBERRY JAM

To each pound of fruit allow  $\frac{1}{2}$  cup water and  $1\frac{1}{4}$  lb. sugar. Boil fruit and water together for  $\frac{1}{2}$  hour, break up berries with a potato masher, add sugar and boil until it jellies (20 to 30 minutes). This makes excellent jam.

### BLACKBERRY JAM (To make 5 lbs. jam)

Three pounds sugar, 2 lb. blackberries,  $\frac{1}{2}$  bottle Certo. Use good quality fruit. Crush thoroughly. Measure sugar and 2 lb. prepared fruit into large preserving pan, mix well, and bring to a full rolling boil over hottest flame, add small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from flame and stir in Certo, then stir and skim by turns for just 5 minutes to cool slightly to prevent floating fruit. Pour quickly into jars and cover.

### **BLACKBERRY AND APPLE JAM (Seedless)**

Any quantity of blackberries, some red ones among them, and about one fourth the weight of apples. Simmer the berries to pulp with just sufficient water to prevent burning at the start. Strain through muslin bag. Cut up the apples roughly, including peels and cores, and boil to a pulp. Strain through colander. Mix the two strainings and to every pint of juice add  $\frac{3}{4}$  lb. of sugar. Stir until thoroughly dissolved. Boil until it sets when tested.

### **BLACKBERRY AND APPLE JAM**

Four pounds of cooking apples, 2 lb. blackberries,  $4\frac{1}{2}$  lb. sugar. Peel and core the apples and cut them in slices. Put into the pan with just enough water to prevent burning and simmer for about 15 minutes over a low gas. Add the blackberries and continue to simmer until they are soft and the apple is pulp. Add the sugar, stir until it is dissolved, and then boil rapidly until setting point is reached.

### **BLACKBERRY AND APPLE JELLY**

Six pounds of blackberries, 2 lb. apples; allow one cup of sugar to each cup of juice. Chop up the apples, including the skins and cores, and place in a preserving pan with the blackberries and water to cover. Cook until soft. Strain through jelly bag. Measure juice and bring to the boil; stir in sugar gradually. When you are sure that the sugar is thoroughly dissolved boil fast till a little jellies when tested on a saucer, about  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour.

### **BLACKBERRY JELLY-JAM**

One pound of sugar to 1 lb. fruit. Have some of the berries red and unripe. Put blackberries in pan, crush them, stirring all the time, and boil 30 minutes. Heat sugar, add, and stir until dissolved. Boil another 10 minutes, approximately. Test to make sure it is done. The seeds should be soft.

### **BLACKBERRY JELLY HINT**

When making blackberry jelly, pick berries when half ripe, not soft. Do not make too much at once. Half a dozen small pots at a time is better than a large quantity, as it sets quicker.

### **BLACKBERRY AND ELDERBERRY JAM**

Take equal quantities of blackberries and elderberries, remove the stalks, and put them in a preserving pan. Squeeze them slightly, bring slowly to the boil, and boil for 20 minutes. Allow  $\frac{3}{4}$  lb. sugar to each 1 lb. of fruit. Put sugar on a dish, and warm in the oven before adding to the jam. Bring to the boil again, and boil about 20 minutes, or till it will set when tested on a plate.

### **BLACKBERRY AND RHUBARB JAM**

Six pounds of blackberries, 3 lb. rhubarb cut small,  $6\frac{3}{4}$  lb. sugar. Clean berries, crush in pan. No water. Add rhubarb, simmer about 20 minutes. Add warmed sugar, stir till dissolved, boil hard till it will set, perhaps 1 hour.

### **BLACKBERRY AND APPLE JAM**

To each 1 lb. of ripe fruit allow 1 lb. sugar and 2 or 3 cooking apples. Peel and slice the apples thin; put blackberries into pan and as soon as the heat begins to draw out the juice, add sugar and apples. Boil and skim till jam will set; it will require almost constant stirring.

### **BLACKBERRY AND APPLE JAM**

One pound blackberries,  $1\frac{1}{2}$  lb. apples,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  breakfast cup water,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Peel and core apples, cut into small pieces. Add water and simmer, covered, 15 minutes. Meanwhile, crush blackberries one layer at a time so that each berry is pulped. Measure 1 lb. prepared apples and juice into preserving pan, mix with prepared blackberries and add sugar. Mix well, bring to full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute, remove from flame and add Certo. Then stir and skim in turns for 5 minutes to cool slightly, to prevent fruit floating. Pour quickly and cover.

### **BLACKBERRY AND PLUM JAM**

Five pounds blackberries, 1 pint water, 2 lb. plums,  $5\frac{1}{2}$  lb. sugar. Stew plums and water, add blackberries, boil till soft—about  $\frac{1}{4}$  hour. Stir. Add warmed sugar, stir till dissolved. Boil

hard till it sets. Ten minutes before taking up add a small tea-spoon tartaric or citric acid.

### **BLACK CURRANT JAM**

Put 6 lb. currants in pan with  $3\frac{1}{2}$  pints boiling water. Boil 10 minutes, then add  $9\frac{1}{2}$  lb. sugar, stir till dissolved, and boil fast for 10 minutes approximately. Test before taking up.

### **BLACK CURRANT JAM (To make 5 lbs. jam)**

Two pounds black currants,  $\frac{3}{4}$  breakfast cup water,  $3\frac{1}{4}$  lbs. sugar,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush fruit thoroughly and measure 2 lbs. into large preserving pan. Add  $\frac{3}{4}$  breakfast cup water. Stir until mixture boils, then simmer, covered, 15 minutes or until skins are soft. Add sugar, mix well, and bring to a full rolling boil over hottest flame, add small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### **BLACK CURRANT JAM**

Cut and stew some rhubarb, strain as for jelly. To every 1 lb. of black currants, allow  $1\frac{1}{2}$  breakfastcups rhubarb juice, and  $1\frac{1}{2}$  lb. sugar. Boil currants and juice together for 10 minutes, add sugar, stir till dissolved, and boil for 5 minutes approximately. Test before taking up.

### **BLACK CURRANT JAM (Strained)**

One pound black currants, 1 pint water,  $1\frac{1}{2}$  lb. sugar. Boil black currants in water till soft. Strain through coarse sieve. Add warmed sugar and boil rapidly, about half an hour. Test before taking up.

### **BLACK CURRANT JAM**

Three pounds of black currants,  $1\frac{1}{2}$  pints of water. Boil for 10 minutes. Then add  $4\frac{1}{2}$  lb. sugar, the juice of a lemon and boil fast for  $\frac{3}{4}$  hour approximately. Test before taking up.

### **BLACK CURRANT AND FRESH APRICOT JAM**

Four pounds of apricots, 2 lb. black currants, almost 5 pints of water, not quite. Boil till tender. Add 1 lb. sugar to every pound of pulp. Stir till dissolved and boil till it will set when tested.

### **BLACK CURRANT AND GOOSEBERRY JAM**

Three pounds black currants, 2 lb. gooseberries, 5 small cups water,  $7\frac{1}{2}$  lb. sugar. Mince currants and gooseberries, add water, and boil together 10 minutes. Add warmed sugar, stir till dissolved, boil about 30 minutes, or till it will set.

### **CAPE GOOSEBERRY JAM**

Allow 1 lb. of sugar to 1 lb. of shelled berries. Squeeze juice of 1 or 2 lemons into preserving pan. Put in berries, and stir till cooked to a pulp. Add sugar and boil until a pale amber colour and will set when tested. No water.

### **CAPE GOOSEBERRY JAM**

Six pounds of cape gooseberries, 5 lb. sugar, 1 quart of water. Boil sugar and water for 10 minutes. Add berries, and boil hard till it sets when tested. Bottle when cool.

### **CAPE GOOSEBERRY AND APPLE JAM**

Four and a half pounds shelled cape gooseberries and  $1\frac{1}{2}$  lb. green apples. Mince or grate apples. Put 1 tablespoon butter in saucepan, add gooseberries, and crush. Add apples, and if not enough juice to start with, add 2 tablespoons water. When soft, add 6 lb. sugar, stir till dissolved and boil fast till it will set.

### **CAPE GOOSEBERRY, PIE MELON AND PASSIONFRUIT**

One and a half pounds cape gooseberries, 6 lb. pie melon, 16 passionfruit and 6 lb. sugar. Cut melon into blocks, and shell gooseberries. Cover with sugar and stand 24 hours. Boil 3 to 4 hours, or till it will set. Put passionfruit in when jam boils.

### **CAPE GOOSEBERRY AND LEMON JAM**

Five pounds cape gooseberries, 5 lb. sugar, 1 pint water, juice 5 lemons. Put sugar and water in pan, bring to the boil. Add lemon juice, and when syrup is quite clear add shelled gooseberries. They may be pricked with a needle. Boil for about  $1\frac{1}{2}$  hours, or until it will set when tested.

### **CAPE GOOSEBERRY AND PIE MELON JAM**

Cut up 5 lb. melon, sprinkle with 5 lb. sugar, and leave overnight. Next day boil about  $1\frac{3}{4}$  hours. Add 1½ to 2 lb. cape gooseberries whole, but shelled. Stir till dissolved. Boil till golden brown and will set. Lastly add 1 oz. butter.

### **CAPE GOOSEBERRY AND PINEAPPLE JAM**

Three pounds cape gooseberries, 1 large tin pineapple slices, 3 lb. sugar. Boil cape gooseberries in pineapple juice till soft. Add sugar, stirring well till dissolved. Boil again quickly till thick, about  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Stir occasionally. When thick, add cut-up pineapple; boil 5 to 10 minutes. Test.

### **CAPE GOOSEBERRY CONSERVE No. 1**

Three pounds shelled cape gooseberries, 1½ lb. sliced apples, 1½ lb. sliced skinned tomatoes, 6 large bananas sliced, juice of 6 lemons, 6 lb. sugar. Put gooseberries, apples and tomatoes in pan with sugar. Leave to stand an hour. Add lemon juice and boil hard 15 minutes. Add bananas, boil 5 minutes longer. Remove from fire, stir well for 5 minutes. Bottle and seal while hot. Like fruit salad.

### **CAPE GOOSEBERRY CONSERVE No. 2**

Four pounds apples, 8 large cups water, and 2 lb. cape gooseberries. Boil the cut-up apples in water till soft. Strain through jelly bag all night. Next day, cook berries in that juice till soft—then add cup for cup of sugar, stir till dissolved and boil till it will set.

### **CARROT MARMALADE No. 1**

Five good-sized carrots, 4 lemons, 3 pints water, 4 lb. sugar. Soak shredded carrot and sliced lemon overnight in water. Next morning boil for 1 hour. Stir in sugar, and boil till it will set when tested.

### **CARROT MARMALADE No. 2**

Four large carrots, or 8 small ones,  $\frac{1}{2}$  dozen lemons, 6 lb. sugar, 4 pints water. Mince the carrots, and cut the lemon rind finely. Soak overnight in the water. Next day boil for one hour, then add sugar and lemon juice, and boil till set.

### **CHERRY AND RED Currant JAM**

To every 4 lb. cherries, allow one pint of red currant juice (made by boiling red currants with a little water till soft and mushy, then straining as for jelly). Simmer until the cherries are soft, then add pound for pound of sugar. Stir till the sugar is dissolved, and then boil till it will set when tested. Bottle when it has cooled a little.

### **CHERRY JAM**

Stone 4 lb. cherries carefully, saving juice. Bring to the boil 4 lb. sugar and 3 teacups water. Boil 10 minutes, add cherries, boil 30 minutes, or until it will set when tested. Bottle.

### **CHINESE GOOSEBERRY JAM**

Cut gooseberries in half, scoop out pulp. Cover bottom of pan with water. Add fruit pulp and boil till cooked. Then add  $\frac{3}{4}$  lb. sugar to every 1 lb. pulp. Stir till dissolved and boil till it will set when tested. Vary by cooking in lemon juice and water.

### **CHINESE GOOSEBERRY JAM**

Four and a half pounds of Chinese gooseberry pulp,  $4\frac{1}{2}$  lb. sugar, juice and grated rind of 8 sweet oranges, the same of 2 lemons. Stir till sugar is dissolved, then boil all together until it will set when tested.

### **CHINESE GOOSEBERRY AND GINGER JAM**

Six pounds Chinese gooseberries, 6 lb. sugar, 6 cups water, grated rind and juice of 2 lemons,  $\frac{1}{4}$  lb. preserved ginger. Peel and cut up gooseberries. Boil up till soft in the water. Add the grated rind and juice of the lemons, and the finely cut ginger, (a little less ginger if very hot). Boil all together for about 10 minutes. Add the warmed sugar, stirring till thoroughly dissolved. Boil fast until jam will set when tested.

### **CHOKO AND TREE TOMATO JAM**

Six pounds chokos, 1 large lemon, 4 lb. tree tomatoes, 9 lb. sugar. Peel and cut the chokos small. Skin the tree tomatoes. Slice the lemons finely, and put all on to boil with 1 pint of water, and cook until tender—about  $\frac{1}{2}$  hour. Then add sugar, stir till dissolved, and boil until it sets.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### **CHINESE GOOSEBERRY AND TREE TOMATO**

Ten tree tomatoes, 12 Chinese gooseberries, 6 cups of sugar, 2 large cups of water. Skin tomatoes, cut up into the pan. Scoop out pulp from Chinese gooseberries, add to tomatoes with the water, and cook about  $\frac{1}{2}$  hour. When it comes to the boil, add warmed sugar, stir till dissolved, and cook until it will set when tested on a saucer.

### **CHOKO AND PASSIONFRUIT JAM**

Eight pounds chokos peeled and sliced, 7 lb. sugar, juice of 6 lemons, 3 dozen passionfruit. Cut up peeled chokos, place 3 lb. sugar over, and stand 24 hours. Next day add  $\frac{1}{2}$  pint boiling water, and boil till clear. Add lemon juice and rest of sugar, stir till dissolved, cook rapidly till it will set. Add passionfruit; boil 3 minutes. Bottle hot. Seal cold.

### **CHOKO AND PINEAPPLE JAM**

Six pounds chokos after being peeled, 5 lb. sugar, 2 lb. tinned shredded pineapple,  $1\frac{1}{4}$  pints liquid. Peel and slice chokos, cover with  $1\frac{1}{2}$  lb. sugar, and stand for 24 hours. Bring to boil, add pineapple juice made to  $1\frac{1}{4}$  pints with water. Cook  $\frac{3}{4}$  hour, then add the 2 lb. shredded pineapple. Cook gently until clear. Add the other  $3\frac{1}{2}$  lb. warmed sugar, cook quickly until it jellies, about  $2\frac{1}{2}$  hours. Bottle hot, and seal cold. Test often.

### **CRYSTALLIZED FRUITS**

Make a syrup from 1 lb. sugar to 1 cup water, stir till sugar is dissolved, and just as it begins to boil stir in  $\frac{1}{4}$  teaspoon cream of tartar; leave off stirring, and allow to boil quickly 3 or 4 minutes. Test syrup by dropping into cold water; if it forms a small soft ball between thumb and finger, it has reached right stage. Drop fruit to be crystallized, a few at a time, into this syrup. Lift out gently, and drain free from all syrup. Place fruit on wire cake trays and put in sun to dry. When dry, make syrup as before, and just as it reaches the "soft ball" stage, add the fruit; lift out, put on wire trays, sift coarse granulated sugar over, and leave again in the sun to dry. When dry, put in boxes in layers, between sheets of waxed paper. Keep in cool, dry place.

### **CRYSTALLIZED FIGS (Fresh)**

Six pounds figs, 6 cups sugar, 3 cups water, 3 tablespoons vinegar. Bring water, sugar and vinegar to the boil, drop in the figs, which have been pricked with a fork. Boil gently for 3 hours. Remove figs from syrup, and spread on tray for 24 hours. Roll in castor sugar, and put on tray for 3 or 4 days, turning them every day. They should be dry. Roll again in castor sugar, and pack in boxes lined with waxed paper.

### **CRANBERRY JELLY**

Put 4 lb. cranberries in pan with 1 quart water. When tender strain off juice, measure, and put back in pan. For each pint juice allow 12 oz. to 1 lb. sugar. Stir and skim till sugar has dissolved. Simmer—not boil hard—and take up as soon as it will set.

### **CRANBERRY JAM**

For every 1 lb. fruit allow 2 lb. sugar. Pour a little water in preserving pan, then put layer of sugar and layer of fruit. Boil gently for 20 minutes or until it will set. Skim and bottle.

### **RIPE CRABAPPLE JELLY**

Three pound apples,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. To prepare juice, remove blossom and stem ends from fruit, and cut apples in small pieces. Do not peel or core. Add  $1\frac{1}{2}$  pints water, cover, and simmer 10 minutes. Crush with masher, and simmer, covered, 5 minutes longer. Place fruit in jelly-cloth or bag and allow to drain. Measure sugar and  $2\frac{1}{2}$  lb. juice into large saucepan and mix. Bring to a boil over hottest flame, add a small piece of butter or margarine and at once add Certo, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from flame, skim, pour quickly and cover.

### **CUCUMBER JAM**

Peel some well-grown cucumbers, remove seeds, cut into small squares, weigh. Put in preserving pan. To every 4 lb. cucumber add 1 oz. whole ginger, bruised. Grate with coarse grater the outside rind of 1 orange and 2 lemons over cucumber. Discard

white pith; slice orange and lemons over the other ingredients. Add 4½ lb. sugar, leave to stand 24 hours. Boil until it jellies when tried. Remove whole ginger before bottling.

### DAMSON PLUM JAM

Six pounds of damsons, 7 lb. sugar, 2 cups water. Heat damsons with water till softened, but do not boil. Add sugar, and heat slowly till dissolved. Then boil until jam will set when tested—about an hour.

### DAMSON JAM (without stones)

Boil 8 lb. damsons with very little water till tender. Strain through coarse sieve. Add to pulp 6 lb. sugar. Stir till dissolved and boil till it will set when tested.

### DAMSON JAM

Six pounds fruit, 6 lb. sugar, 1 breakfast cup water. Put plums in pan, and add water. Bring to boil, then add sugar and boil ¾ hour, or until set. Strain if desired.

### DAMSON JAM (To make 5 lbs. jam)

Two and a half pound damsons, 3¼ lb. sugar, ½ breakfast cup water, ½ bottle Certo. Use only good quality fruit. Stone fruit but do not peel. Cut into small pieces and crush thoroughly. Measure 2 lb. prepared fruit and water into large preserving pan. Stir until mixture boils, cover, and simmer 15 minutes. Add sugar, mix well, and bring to a full rolling boil over hottest flame. Add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### DUMPSEY DEELEY

Two pounds plums, 2 lb. pears, 2 lb. apples, 1 lb. sugar to each 1 lb. prepared fruit. Stew apples and pears in a little water; stew plums separately. When soft, put all in pan with sugar, stir till dissolved and cook till a nice colour, and will set.

### ELDERBERRY JELLY

Four pounds elderberries, 3¼ lb. sugar, ½ breakfast cup lemon juice, 1 bottle Certo. Use only good quality fruit. Remove larger stems from berries, place in preserving pan and crush. Heat

gently until juice starts to flow, then simmer, covered, 15 minutes. Place in a jelly-cloth or bag and allow to drain. Measure sugar and 1½ lb. juice into large saucepan, add lemon juice and mix. Bring to a boil over hottest flame, add a small piece of butter or margarine and at once add Certo, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from flame, skim, bottle.

### **ELDERBERRY AND APPLE JAM**

Four pounds cooking apples and 3 lb. elderberries. Allow ¾ lb. sugar to each 1 lb. fruit. Peel, core and cut the apples. Stalk the berries. Boil together till soft. Add sugar, stir till dissolved, and boil till it will set about half an hour.

### **ELDERBERRY JELLY**

Gather berries while dry. Pick off stems and clean. Leave the smaller stems on. To amount of berries add one third quantity of apples (jelly apples preferred). Cut up as for apple jelly—add to berries and barley cover with water—leave all night. Next day boil up until soft and pulpy, strain through muslin. Leave again all night and next day put cup for cup of liquid and sugar, stir till dissolved, and boil up till set.

### **ELDERBERRY AND APPLE JELLY**

Six pounds of cooking apples cut up (skins and cores too), 1 bunch of elderberries (very ripe ones, not too large, about as much as you could hold in one hand cupped). Put in jam pan, cover with water, boil till apples are mashed. Strain, and for every cupful of juice put 1 cup of sugar. Boil 15 minutes, or till will set, then bottle. Beautiful in both flavour and colour.

### **ELDERBERRY AND APPLE JELLY No. 2**

Cut up windfall apples, wash and cover with water, as for jelly—boil and strain in same way. Wash elderberries, add a little water, boil soft, and strain, as the apples for jelly. To 2 cups of apple juice add 1 cup elderberry juice. Boil with cup for cup of sugar till set. Nice in cakes, and with meat.

### **ELDERBERRY AND BLACKBERRY JAM**

Put equal quantities of blackberries and elderberries in pan, squeeze a few to start juice flowing, bring slowly to boil, and boil about 20 minutes. Allow  $\frac{3}{4}$  lb. sugar to each 1 lb. fruit. Add warmed sugar, stir till dissolved. Bring to boil again, and boil till will set—about 20 minutes. Bottle hot.

### **FEIJOA JAM No. 1**

Peel thinly and cut in slices. Put peels in pan, cover with water and boil for 10 minutes. Strain off the liquid and add about 1 quart of liquid to 12 lb. sliced fruit. Cook all together until soft, then add  $\frac{3}{4}$  lb. sugar to each 1 lb. of cut up fruit, and boil till inclined to jell when tested. The less cooking feijoas have, whether for stewing or jam, the more flavour they have.

### **FEIJOA JAM No. 2**

Make syrup with 2 cups sugar and 1 cup water. Cut peeled feijoas in quarters and drop in. Add the inside only of a lemon, cut up. No peel. Simmer till sets. Result is lovely jelly.

### **FEIJOA JAM (Good)**

Do not peel the feijoas. Cut into thin slices. To 5 lb. sliced feijoas add 4 pints water. Cook till soft. Add gradually 6 lb. sugar, stirring all the time. Then bring carefully to boil, still stirring; then a fast rolling boil till it will set when tested. Feijoa jam *must* be watched as it jellies quickly.

### **FEIJOA JELLY**

Cut up fruit with skin on. Cover with water, simmer 2 hours. Strain. Add cup for cup of sugar, and boil till it will set. Lemon or apple may be added.

### **FEIJOA, GUAVA AND APPLE JELLY**

Three pounds feijoas, 1 lb. ordinary red guavas, and 2 lb. small apples. Cut up fruit roughly and boil till well pulped (about 1 hour). Strain well, boil the juice and add 1 cup sugar to each cup of juice and boil till a little jells—about 10 minutes.

### **FIG CONSERVE (Fresh)**

Eight pounds figs, weighed when peeled, juice 4 or 5 lemons, 6 lb. sugar, 1 lb. preserved ginger. Cut peeled figs in halves or quarters, put in pan with sugar and ginger. Pour over lemon juice. Heat slowly till sugar is dissolved, stirring gently. When dissolved, boil fast for about 1½ hours, or till it will set when tested.

### **FIG JAM**

Twelve pounds green figs, 12 lb. sugar, 1 breakfast cup vinegar, 1½ lb. preserved ginger, 1 breakfast cup water, 2 oz. whole ginger. Wipe and slice figs, sprinkle with half the sugar, and stand overnight. Next day, add rest of sugar, sliced up preserved ginger, whole ginger tied in a muslin bag, and bring to the boil in the vinegar and water. Boil about 3 hours, or till it will set. Use asbestos mat as it catches easily. Remove the whole ginger.

### **FIG JAM No. 2 (Fresh)**

Two and a half pounds figs, ½ lb. apples, 2 oz. preserved ginger, 3 lb. sugar, ½ breakfast cup lemon juice, 2½ breakfast cups water. Tail figs, and slice up small. Peel and cut up apples small. Cut ginger small. Put all in preserving pan and bring slowly to the boil. Boil about 40 minutes. Test before taking up. A lovely amber colour.

### **DRIED FIG AND ORANGE JAM**

Six oranges, 1 quart water, 1 lb. dried figs, 2½ lb. sugar. Put oranges into pan with water, boil till tender. Remove, cut in halves, and scoop out the pulp. Slice peel thinly, remove pith and pips from pulp. Cut up and wash the figs, add the oranges, water, sliced peel, pulp and sugar. Heat gently, stir till sugar is dissolved, then boil all together till will set.

### **FIVE-MINUTE BERRY JAM**

Suitable for strawberries, loganberries, raspberries, gooseberries, red or black currants. Six pounds of fruit, 6 lb. sugar and a pinch of salt. Put fruit in pan, sprinkle over 1 lb. of the sugar. Boil exactly five minutes. Add rest of sugar, stir till dissolved, bring to boil again. Boil fast for exactly five minutes—work by the clock. When cold, should be a beautiful firm jelly.

### FIG AND LEMON JAM

Four pounds fresh figs peeled and cut up,  $3\frac{1}{2}$  lb. sugar, juice 4 lemons, thinly peeled rind of 1 lemon, a few pieces root ginger, 3 cups cold water, tiny pinch of salt. Peel and cut up figs, put in buttered preserving pan with sugar, lemon juice, lemon rind, and ginger. Pour over the water, leave all night. Next day stir well, bring slowly to the boil, stirring. Boil quickly 1 to  $1\frac{1}{2}$  hours, or till thick and will set. When it drops slowly off spoon, pour into hot jars, after removing ginger and lemon rind. Cover when cold. Keeps well.

### FRUIT SALAD JAM

Two pounds dried apricots, 7 lb. sugar, juice 2 lemons, 1 large tin shredded pineapple, 8 bananas, a dozen passionfruit. Wash apricots, soak for 48 hours in 13 cups water. Put in pan with the pineapple and lemon juice, and boil  $\frac{3}{4}$  hour. Add warmed sugar, cut up bananas and passionfruit pulp. Boil another  $\frac{1}{4}$  hour, stirring often. If apricots absorb too much water during soaking, add a little more. Test as usual before taking up.

### FRUIT SALAD JAM (with Fresh Fruit) No. 1

Ten bananas, 2 lb. peaches, 1 tin pineapple, 1 lemon—no skins or pips, 2 lb. apricots, 4 or more passionfruit, 2 oranges—no skins or pips, 5 lb. sugar. Cut up peaches, apricots and bananas, add crushed pineapple, lemon and orange pulp, passionfruit pulp and sugar, and boil all about 20 minutes, till fruit is cooked, and jam will set when tested.

### FRESH FRUIT SALAD JAM No. 2

Two pounds of apples, 2 lb. plums, 2 oranges, 8 lb. sugar, 2 lb. pears, 2 lb. apricots, 2 lemons, 1 quart water. Peel and stone fruit; put peels and stones in the water and boil  $\frac{1}{2}$  hour. Strain, and put the liquid into the pan with the sugar, bring to the boil, stirring all the time. Add the juice of the oranges and lemons, with a little of the pulp; then add the cut-up fruit. Boil about 45 minutes, or until it will set.

### **FRUIT SALAD JAM (Fresh) No. 3**

Two pounds of pears, 2 lb. apples, 3 lb. peaches, juice of 2 lemons; make in usual manner, adding the pulp of 6 very big passionfruit during last quarter of an hour's boiling. It would probably take about 5 or 6 lb. sugar. Allow almost cup for cup.

### **GOOSEBERRY JAM No. 1**

Three pounds gooseberries, 6 large cups of water, 6 lb. sugar. Boil hard for about 1½ hours; just before lifting add one tablespoon of vanilla or strawberry essence. Test for setting.

### **GOOSEBERRY JAM No. 2**

Boil hard for about 1½ hours; just before lifting add one table-lb. topped and tailed gooseberries, and boil till they are soft, and the jam will set. Dark red. May be put through strainer to remove skins.

### **GOOSEBERRY JAM No. 3**

Allow 2 lb. of sugar and 2 cups of water to every pound of gooseberries. Boil the fruit and water together for 20 minutes. Then add the sugar and boil fast for approximately 40 minutes, or till it will set when tested. See that all the sugar is thoroughly dissolved before fast boiling. Three pounds of gooseberries make a lot of jam by this recipe.

### **GREEN GOOSEBERRY JAM**

Pick gooseberries quite green and hard. Weigh. Cover with water and boil an hour. Add sugar double the weight of the berries, and boil about 10 minutes. Be careful to remove from fire before colour changes. Jam should be quite green. See that sugar is well stirred in and dissolved before final boiling.

### **GOOSEBERRY AND DRIED APRICOT JAM**

Top and tail 3 quarts gooseberries. Wash 1 lb. dried apricots, and soak 24 hours in 1 quart boiling water. Strain liquor from apricots into preserving pan, add gooseberries. Bring to boil, gradually add 5 lb. sugar and apricots. Stir well. Simmer gently until jam thickens and will set. The apricots may be cut into pieces.

### **GOOSEBERRY JAM (To make 5 lbs. jam)**

Two pounds gooseberries,  $\frac{1}{2}$  breakfast cup water,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush fruit thoroughly and measure 2 lb. into large preserving pan. Add  $\frac{1}{2}$  breakfast cup water. Stir until mixture boils, then simmer, covered, 15 minutes or until the skins are soft. Add sugar, mix well, and bring to a full rolling boil over hottest flame, add small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### **GREEN GOOSEBERRY AND CHERRY PLUM JAM**

Three pounds green gooseberries, 3 lb. cherry plums, 6 to 8 lb. sugar, 3 quarts water. Boil fruit and water half an hour, or till soft. Add warmed sugar, let dissolve, stirring. Boil quickly till will set when tested.

### **GREEN GOOSEBERRY MARMALADE**

Three pounds green gooseberries, 2 lemons, 5 small breakfast cups water, 6 lb. sugar. Shred lemons as for marmalade. Cover with 2 cups boiling water, leave all night. Next day, boil up with gooseberries and other 3 cups cold water, for an hour. Add warmed sugar, stir till dissolved. Bring to boil, and boil hard for not more than 10 minutes. Delicious. Green in colour. Test for setting.

### **GRAPE JAM**

To 1 lb. grapes allow  $\frac{3}{4}$  lb. sugar. Put fruit in buttered pan, crush a few to start juice. Bring to boil, add sugar, and boil till it will set. No water. Skim off seeds. Juice of a lemon may be added.

### **GREEN GRAPE JAM**

Two pounds grapes, 1 teacup water,  $1\frac{3}{4}$  lb. sugar. Put grapes and water in pan, press and cook till soft. Then add sugar and boil till it will set. Strain through strainer to get out skins and seeds, and add  $\frac{1}{4}$  teaspoon citric acid. Flavouring essence may be added if liked.

### GRAPE JELLY

Put freshly picked grapes, stalks and all, into pan, nearly cover with water. Boil till mashed, strain through jelly bag. Bring juice to boil, and boil a few minutes. Add 1 lb. sugar to each pint juice, and boil till it will set.

### GREEN GRAPE AND BLACKBERRY JELLY

Take an equal quantity of green grapes and blackberries. Boil with a little water till soft. Strain through jelly bag as usual. Allow cup for cup of sugar. Bring to boil, add sugar, and boil till it will set when tested.

### GUAVA JELLY

Two quarts red guavas, 2 lemons. Remove tops from guavas, and cut up all the fruit. Put into preserving pan and cover well with water. Simmer 2 hours, then strain through flannel bag. Allow 1 cup sugar to 1 cup of liquid; bring juice to the boil, add warmed sugar, and boil till it will set when tested.

### GREENGAGE JAM (To make 5 lbs. jam)

Two and a half pounds greengages,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  breakfast cup water,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Stone fruit but do not peel. Cut into small pieces and crush thoroughly. Measure 2 lb. prepared fruit and water into a large preserving pan. Stir until mixture boils, cover, and simmer 15 minutes. Add sugar, mix well, and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### HIP JAM

Hips are red fruits or seed pods which form when wild rose blooms have dried off. Make jam same day they are gathered. Work with all stainless utensils. Allow  $1\frac{1}{4}$  pints water to each 2 lb. rose hips, boil till tender. Strain through fine sieve, then through flannel or double thickness of butter muslin to remove sharp hairs on seeds. To each 1 lb. of puree allow  $\frac{1}{2}$  lb. sugar. Stir well until thoroughly mixed and quite smooth. Bring to simmer carefully, cook ten minutes, then put into jam jars. When cold, put a layer of sugar on top—helps to keep flavour.

### HAWTHORN BERRY JELLY

Berries should be crimson, not dark red or ripe. To 6 lb. berries allow 6 lb. sugar, and juice of 2 lemons. Cover berries with water and boil 2 hours. Strain; to each cup juice add 1 cup sugar, add the lemon juice, and boil till it will set.

### HONEY IN JAM MAKING

Crush the fruit slightly; allow  $\frac{3}{4}$  cup honey to each 1 cup of fruit. Add half honey to fruit, stir well, and allow to stand an hour. Heat rather slowly, stirring, boil for 10 minutes. Add remainder of honey, and boil fast as usual till it will set when tested.

### HONEY IN JELLY

For jelly, use half honey and half sugar, in the usual proportion. Cut up fruit, skins and cores as well, just cover with water, and boil till soft. Strain through muslin, as usual. Boil juice 10 minutes, add sugar and bring back to boiling point. Add honey, and cook as usual till it will set.

### JAPONICA JELLY

Cut up and put japonica apples in pan, add cold water, but not enough to cover. Put lid on, cook till tender, and let strain overnight. Next day, measure juice, bring to boil. Add 1 cup sugar to each cup of juice, and boil till it will set. Sets quickly. Lemon juice improves the flavour of this jelly, about 1 lemon to 3 lb. japonicas.

### JAPONICA AND APPLE JELLY

Two pounds japonica apples, 2 lb. cooking apples. Cut up fruit, cover with water, and boil till soft. Leave till cold, strain overnight through jelly bag. Next day, bring to boil, gradually add cup for cup of sugar, and boil till it will set when tested—about 20 minutes.

### JELLY FROM SCRAPS

Use all the scraps left over from your preserving—peels and cores from the peaches, pears, nectarines, etc.—stones, too. Cover with water; bring to the boil and boil till quite pulpy; then strain well through jelly bag. Bring to the boil and add the juice

of 3 lemons. Stir in sugar slowly—about 5 cups sugar to 8 cups liquid. Boil till it will set when tested. Funny colour, but lovely flavour.

### LAUREL BERRY AND APPLE JELLY

Three pounds laurel berries, 2½ lb. cut-up apples. Cover scantily with cold water, boil to a pulp, and strain through muslin bag. Next day bring to boil. Add 1 heaped cup sugar to every cup juice, and boil quickly half an hour or until it will set.

### LAUREL BERRY JAM No. 1

Six pounds laurel berries, 3 lb. plums, apples, or peaches, and 8 lb. sugar. Put berries and other fruit in pan, boil till soft enough to push through sieve. Bring back to the boil, add sugar, and boil till it will set. May be eaten with cream.

### LAUREL BERRY JAM No. 2

Five pounds laurel berries, weighed after stoning, 4½ lb. sugar, 2 breakfast cups water, 2 dozen of the blanched kernels. Put berries in pan with water, bring to boil, mash well, add warmed sugar, and boil rapidly about half an hour. Skim off skins as jam cooks. Have kernels tied in muslin bag, and remove before bottling.

### LOGANBERRY JAM

To 1 lb. loganberries allow 1 cup water and 1¼ lb. sugar. Boil water and fruit, add warmed sugar, and boil till it will set. Do not have fruit too ripe. Should take about 15 minutes after sugar is dissolved and boiling point reached.

### LOGANBERRY AND PLUM JAM

Six pounds plums, 2 lb. loganberries, 1 lb. sugar to 1 lb. fruit. Boil plums first with a little water, add loganberries, and cook till soft. Add warmed sugar, and boil till it will set.

### LOGANBERRY AND RASPBERRY JAM

One pound loganberries, 1 lb. raspberries, 1 cup water, 2 lb. and 1 cup of sugar. Boil berries in water for a few minutes. Add warmed sugar, and boil hard about 10 minutes. Test it before taking up.

### **LOGANBERRY (To make 5 lbs. jam)**

Two and three quarter pounds of sugar, 2 lb. loganberries,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush berries. Then measure sugar and 2 lb. prepared fruit into large preserving pan, mix well, and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly and prevent floating fruit. Pour quickly and cover.

### **LOQUAT JAM**

Wash loquats, remove stones. Put fruit in pan, cover with water, and leave all night. Boil fruit till tender; add 1 lb. sugar to each 1 lb. fruit. Stir till sugar is dissolved, boil till rich colour, and syrup is thick.

### **LOQUAT JELLY**

Cut up 12 lb. loquats, removing all but about 2 dozen seeds, cover with water. Boil  $1\frac{1}{2}$  to 2 hours. Strain and measure juice. Allow 1 cup sugar to every cup juice. Boil juice 10 minutes, add warmed sugar, and a pinch of citric acid. Boil slowly till it jellies. Skim thoroughly, pour while hot into heated jars. Cover when cold.

### **MARMALADE WITH HONEY**

Three grapefruit or poorman's oranges, 1 lemon, 4 lb. honey, 6 cups water. Slice fruit very thinly, and pour water over. Leave for 24 hours, then bring to the boil, and allow to boil fast for 1 hour. Add honey, stir till thoroughly dissolved and mixed; then boil fast till it will set when tested.

### **FIVE FRUIT MARMALADE**

One large cooking apple, 1 large sweet orange, 1 poorman's orange, or grapefruit, 1 large carrot, 1 lemon. Grate carrot, cut apple into cubes, cut oranges and lemon in usual way. To 1 cup fruit add 3 cups cold water, let stand till next day, then boil 1 hour. Then add 1 cup sugar to 1 cup pulp, and boil 1 hour. Seems a lot of water, but is alright. It takes about 5 lb. sugar, and makes quite a lot of marmalade.

### MARMALADE (Henry's)

Six poorman oranges, or 5 large grapefruit, 11 cups water, 8 lb. sugar. Shred skins of oranges, put rest through mincer. Soak in water for 36 hours. Boil half an hour. Leave 24 hours. Bring to the boil, add sugar, and boil half an hour or till will set.

### DUNDEE MARMALADE

Three pounds sweet oranges, 2 lemons, 12 large cups water, 9 lb. sugar. Slice or mince the fruit, leave to soak in the water for 24 hours. Then boil for 20 minutes. Leave 24 hours again. Boil again, and add warmed sugar, and boil again till it will set—about 20 minutes after coming back to boil. Bottle while hot.

### EASY MARMALADE

To every orange, lemon or grapefruit, allow 1 lb. sugar and 1 pint water. Cut up fruit, cover with the correct amount of water. Leave 12 hours. Next day, boil slowly till soft, then add warmed sugar, and boil quickly till it sets.

### MARMALADE FROM SKINS

Cut and shred the skins, add 2 cups water for each orange or lemon skin, and stand overnight. Next day boil 1 hour. Next day, measure, bring to the boil, and add cup for cup of sugar. Boil till thick. A little lemon juice added is an improvement.

### MARMALADE—N.Z. Grapefruit (Johnny's)

Cut fruit very finely. Weigh. To every 1 lb. of fruit add 3 pints of water. Let stand for 36 hours. Bring quietly to boil, and boil 1½ hours. Take off. Leave all night. Weigh again and to every 1 lb. of pulp add 1 lb. sugar. Boil till it will set when tested.

### ORANGE PEEL MARMALADE

One cup of cut-up orange peel, 1 whole lemon, 3 cups of water. Cut up lemon and mix with the peel; soak for 24 hours in the water; boil half an hour. Leave 24 hours again. Add cup for cup of sugar, and boil till it jellies.

### MARMALADE (Prize)

Six N.Z. grapefruit, (or 4 grapefruit and 2 sweet oranges,) 9 lb. sugar, 12 breakfast cups water. Cut up fruit very finely, add water, leave 12 hours. Then bring to the boil, and boil till soft. Leave till next day, and then boil for half an hour. Then add sugar, and boil  $\frac{3}{4}$  to 1 hour or till it will set. Makes good jelly with orange well divided—not too sweet nor too bitter.

### WONDER LEMON MARMALADE

Two large Wonder lemons. Cut finely and add 8 cups of water. Soak overnight. Boil next morning until lemons are soft. Add 1 large cup of sugar to each cup of pulp, and boil about  $\frac{1}{2}$  an hour longer. Boil hard. Bottle hot. Test for setting.

### CITRON MARMALADE

Slice finely 2 citrons, 2 lemons, and 2 sweet oranges. Well cover with water—about 15 cups. Soak 2 days. Measure by cups. Then boil till tender, and beginning to clear. Add cup for cup of sugar. Boil till it will set.

### N.Z. GRAPEFRUIT MARMALADE

Slice fruit very finely. To every cup of fruit put  $1\frac{1}{2}$  cups water and let soak 24 hours. Boil  $\frac{3}{4}$  hour. Let cool. To every cup of pulp put one of sugar. Let boil briskly till golden. Test. Sets like a jelly.

### LEMON MARMALADE

Three lemons and 3 oranges. Cut finely, cover with water, and leave overnight. Boil till tender. Leave overnight again. Bring to the boil, add cup for cup of sugar, and boil till it will set.

### MARROW JAM

Three pounds of vegetable marrow, 3 lb. sugar, 1 oz. ground ginger, 2 lemons. Peel marrow, remove pips, cut into pieces about 2 inches long. Put into pan. Add strained lemon juice, and rinds cut very finely. Add sugar, and ginger tied in muslin bag. Boil until clear and soft, about 1 hour. Seal cold.

### MARROW OR PUMPKIN CONSERVE

Six pounds vegetable marrow or pumpkin, 2 oz. ground ginger, 6 lb. sugar, 3 lemons. Peel marrow, take out seeds, cut into neat pieces, not too small. Cut up lemon rind finely, add strained juice. Put into a large dish, cover with sugar and leave standing for 12 hours. Next morning place in preserving pan and let it simmer slowly till clear—about 4 hours. If preferred more ginger may be used, and a pinch of cayenne pepper.

### MATRIMONY JAM

One pound of cape gooseberries, 2 lb. marrow, 2 lemons, 2 passionfruit, 2½ lb. sugar. Cut up lemons finely and cover with water for 48 hours. Cut up marrow and cover with 1 lb. of sugar overnight. Cook marrow and lemon together for a wee while then add rest and cook like ordinary jam.

### MELON JAM

Cut up melon small. Allow pound for pound of sugar. Sprinkle half sugar right through the cut-up melon, and leave overnight. Next day, add ½ pint water to each pound of melon. Simmer gently till soft—may be 2 hours. Add rest of sugar, stir till dissolved, then boil rapidly. Flavour with grated rind and juice of 1 lemon to every pound of melon, or half an orange, or one medium pineapple cut up.

### MEDLAR JAM

Wash 3 lb. medlars and put into preserving pan with ½ pint water and juice 2 lemons. Stand over slow heat, and simmer an hour. Then put into strainer with a dish underneath. Mash well with a wooden spoon, taking care that no pips pass through. Then put fruit into preserving pan with 3 lb. sugar and boil fast for ¾ hour approximately. Pot and cover as usual.

### MEDLAR JELLY

Wash fruit and put in preserving pan with water about a ½ inch over top of fruit. Boil till pulpy, strain through jelly bag. To each pint allow ¾ lb. sugar. Add warmed sugar to boiling juice. Stir till melted, then boil fast, till jelly sets when tested. Keep well skimmed. Pot and cover.

### MARROW AND QUINCE JAM No. 1

Peel and mince 6 lb. marrow. Cover with 6 lb. sugar and stand overnight. Next morning add 4 lb. minced quinces and 4½ lb. sugar. Boil together about 3 hours till will set.

### MARROW AND QUINCE JAM No. 2

Four pounds of marrow, cut up, 5 lb. sugar, 5 lb. quinces minced through mincer. Leave standing all night. Boil all 2½ hours or till will set. Quince flavour predominates.

### NEVER FAIL MELON JAM

Twelve pounds of melon, 9 lb. sugar, ½ dozen oranges, ½ lb. preserved ginger, cut finely. Cut melon into cubes, grate orange peel into fruit, add also the juice, and 4 cups water, and boil. Stir carefully for ½ hour till tender, then add sugar and ginger. Boil till golden brown. Do not let the cut fruit stand.

### MELON AND PASSIONFRUIT JAM

Cut up 6 lb. pie melon. Put into a basin with 1 lb. sugar. Allow to stand all night. Then take the pulp of 4 dozen passionfruit, and tie in a piece of muslin. Put all in preserving pan with another 5 lb. sugar and boil 2½ to 3 hours. Excellent.

### MELON AND TREE TOMATO JAM

Ten pounds of pie melon cut up, 3 lb. yellow tree tomatoes, 3 lemons if liked, juice and grated rind, 1 lb. sugar to each 1 lb. fruit. Pour boiling water over tomatoes, skin and cut up. Add the cut-up melon. Put all in pan, and bring to the boil, adding about half the sugar. Boil again, adding rest of sugar. Boil till will set when tested.

### MINT JELLY

One cup finely chopped mint, 3 or more dessertspoons sugar, 1 cup hot water, 1 cup vinegar, pinch salt. Boil all except mint, then add 1 tablespoon powdered gelatine, moistened with water. Stir, and add mint. Set in little pots.

### MINT AND APPLE JELLY

Quarter, without peeling, 2 lb. windfall apples. Almost cover with water, boil 10 minutes. Add 4 tablespoons chopped green mint. Boil 20 minutes, then strain. To each cup of juice allow  $\frac{1}{2}$  cup sugar and boil till it will set.

### GREEN MINT JELLY

Wash green gooseberries, put in pan, nearly cover with cold water. Cook till pulpy. Strain through sieve. To each pint add 1 lb. sugar, and some stalks of fresh mint tied in a bundle, and boil till ready. Take out mint, and bottle jelly.

### MIXED FRUIT PRESERVE

\*One quart each red currants, raspberries and cherries. Pick, stem and stone them. Take 2 large oranges, slice into small pieces, skin and all. Peel and shred 1 ripe pineapple. Pick, wash and dry 1 lb. sultana raisins. Weigh all fruit together and let simmer for an hour over slow heat, stirring frequently. Add an equal weight of warmed sugar, and cook till thick and will set.

### MULBERRY JAM

To every 6 lb. mulberries allow 5 lb. sugar and 1 small teaspoon citric acid. Boil fruit without sugar for 15 minutes. Crush a few to start juice flowing, or add a tablespoon of water. Heat sugar without browning. When fruit has boiled the required time, pour in sugar, which should be hot enough to keep the jam boiling. Boil quickly for  $\frac{3}{4}$  hour approximately, adding the acid a few minutes before taking from the fire.

### MOCK RASPBERRY JAM (or Strawberry)

This recipe is extremely popular and very delicious. Four pounds of tomatoes, 3 lb. sugar, juice of lemon,  $\frac{1}{2}$  bottle raspberry or strawberry essence. Skin tomatoes and cut up fairly fine; add sugar and lemon juice, and boil gently for just about 2 hours. Then stir in essence. Do not boil after essence is added, or flavour is lost. Test for setting.

### MOCK RASPBERRY JAM

Eight pounds ripe tomatoes, 4 lb. minced apples, 8 lb. sugar, 1 tablespoon vinegar, half a bottle of raspberry essence. Pour boiling water over tomatoes, skin, and put into pan. Boil to a pulp. Add apples and vinegar, boil for  $\frac{1}{2}$  hour, then add sugar and boil until it sets. When cool add essence, stir well. Bottle.

### NECTARINE JAM

Six pounds stoned nectarines,  $4\frac{1}{2}$  lb. sugar, 2 cups water, juice 2 lemons, 1 dessertspoon butter, and kernels of about  $\frac{1}{4}$  of the fruit. Wash but do not peel the fruit, remove stones, cut into pieces. Put into pan with water, butter, lemon juice and kernels. Boil till soft. Add warmed sugar in portions of about 1 lb. at a time. Boil, stirring well. Should take about 1 hour. Test before taking up.

### PARSLEY JELLY

One pound of fresh parsley—press down and barely cover with water. Simmer 1 hour. Add the juice of 1 or 2 lemons, simmer 10 minutes. Strain all through muslin. Bring to the boil, add cup for cup of sugar, and simmer till it jells.

### PASSIONFRUIT JAM No. 1

Wash passionfruit well, cut in halves, scoop out the pulp. Put skins on to boil in water, and boil about  $\frac{1}{2}$  hour, or until tender. Then scoop out the soft part, leaving the skins like thin paper, which may be discarded. Add the pulp to the seed pulp. To each cup of pulp add  $\frac{3}{4}$  cup warmed sugar. Boil till it will set—about  $1\frac{1}{2}$  hours. Or may be added to melon jam.

### PASSIONFRUIT JAM No. 2

Cut fruit in half and scoop out insides. Boil skins till tender, and remove soft pulp from them. Add to the seeds, and  $\frac{1}{2}$  lb. grated apple to every pound of fruit. Boil, and when apple is cooked, add  $\frac{3}{4}$  lb. sugar to each 1 lb. mixed fruit. Boil till it will set, as usual.

### PASSIONFRUIT JELLY

Three cups passionfruit (2 dozen), 1 cup water, 1 bottle Certo. Put in preserving pan and boil 3 minutes. Sieve to remove seeds. Put back in pan and make up to 3 cups liquid. Boil 1 minute. Add 2½ lb. sugar and boil 3 minutes. Add 1 bottle Certo and boil 3 minutes. Bottle. Is like honey.

### PASSIONFRUIT AND TOMATO JAM

Fifteen to 20 passionfruit, 6 lb. tomatoes, 4½ lb. sugar. Scoop out seeds from passionfruit, boil skins in water till soft, and add pulp from these to passionfruit seeds. Skin tomatoes by putting in hot water, cut up, and boil with sugar till melted. Add passionfruit pulp, and boil about 20 minutes, or till it will set.

### PEACH JAM No. 1

Six pounds of peaches, 4½ lb. sugar, 1 to 2 cups water. Cut peaches in slices, remove stones, and put in well buttered preserving pan with the water. Bring to the boil, cook 5 minutes, add sugar. Boil swiftly till a little will set when tested.

### PEACH JAM No. 2

Three-quarters of a pound of sugar to 1 lb. fruit. Peel and slice the peaches, put in large enamel basin, add half the sugar, and leave all night. Next morning boil till peaches are tender, and add rest of the sugar. Boil rapidly till jam will set when tested. If very dry to start, add ½ cup of water or juice of a lemon.

### PEACH JAM No. 3

Cut up 10 lb. peaches, put over 9 lb. sugar, and leave all night, or 24 hours. Boil up without water till tender. Add the juice of a lemon. Test for setting.

### PEACH JAM No. 4 (Good)

Three pounds peaches, 3 pints water, 5 lb. sugar, juice of a lemon, and 1 tablespoon butter. Cut up peaches and boil in water till soft. Add sugar and butter, and lemon juice. Boil very hard, stirring frequently, till a lovely golden colour and will set. About 45 minutes. Not too stiff. These proportions of fruit and water may be used for plums, apricots and nectarines.

### **PEACH AND PASSIONFRUIT JAM No. 1**

Three pounds juicy peaches, 1 dozen or more passionfruit, juice 2 lemons, 4 large cooking apples, 4 lb. sugar, 1 oz. butter, pinch salt, 1 breakfast cup water. Wash fruit, peel, stone, and core. Boil peels and cores in the cup of water. Cut up the peaches and apples, and put in buttered pan, add the strained juice from the peels, and cook fruit till soft. Scoop out passionfruit seeds. Boil skins and scoop out soft pulp. Add to rest of fruit mixture, add warmed sugar, and boil till it will set.

### **PEACH AND PASSIONFRUIT JAM No. 2**

Six pounds peaches, not too ripe, 2 dozen or more passionfruit, 6 lb. sugar, and the juice of a couple of lemons. Peel and stone peaches, cut into pieces. Sprinkle with a little sugar; leave awhile and prepare passionfruit. Scoop out pulp of passionfruit, boil skins till soft, and scoop out pulp, adding to the seed mixture. Boil peaches till soft. Add rest of sugar, and boil for an hour. Then add passionfruit mixture, lemon juice and 1 extra cup of sugar, and boil till it will set when tested.

### **PEAR GINGER (with vinegar)**

Six pounds of pears, 4 lb. sugar, 2 cups water, 1 cup vinegar,  $\frac{1}{2}$  to 1 lb. preserved ginger. Boil sugar, water and vinegar together for 20 minutes. Then add sliced pears and ginger, and boil till it jells. Do not boil too hard—better to simmer, once pears and ginger are added.

### **PEAR GINGER (with lemon juice)**

Six pounds of pears,  $4\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. preserved ginger, 2 minced lemons. Peel and cut pears into eighths, sprinkle with half the sugar; leave 24 hours covered over. Then add remainder of sugar, 2 minced lemons, and finely cut ginger. Boil about 2 hours, test before taking up.

### **PEAR GINGER**

To every pound of pears when pared and cored, add 1 lb. sugar, and to every 6 lb. pears add  $1\frac{1}{2}$  lb. chopped preserved ginger, the juice and grated rind of 3 lemons. Let all ingredients stand overnight. Boil slowly for approximately 2 hours.

### PERSIMMON JELLY

Use ripe fruit, skin, put in pan, cover lightly with water, boil briskly 2 hours, then strain through muslin. Measure juice and add the strained juice of 1 lemon to each pint of fruit juice. Put on to boil. Add 1 lb. warmed sugar to each pint of juice, stir well till sugar is melted. Boil rapidly till jelly will set when tested.

### PERSIMMON JAM

Firm persimmons, not quite ripe, cut out stalks and weigh. For each 1 lb. fruit allow  $\frac{1}{2}$  lb. sugar. Cut fruit into 1 inch squares. Sprinkle with some of the sugar, and leave all night. Then put into pan with 1 oz. whole ginger in muslin bag, add juice of 1 lemon. Bring to boil, add rest of sugar, stir till dissolved, and boil till it jells.

### PERSIMMON-PLUS JAM

Three pounds fresh grapes (wiped), 6 persimmons, juice of 6 lemons, juice of 6 tomatoes (strained). Weigh all these. Add  $1\frac{1}{2}$  lb. sugar to every lb. of fruit. Put grapes in whole, persimmons cut in slices with skins on, then add juice of lemons and tomatoes, and boil up together with 2 lb. sugar and 1 cup water. Press grapes against side of pan. Boil all till soft, add rest of sugar. Boil 15 to 20 minutes, till will set. Skim stones off top.

### PIE MELON JELLY

Take  $7\frac{1}{2}$  lb. pie melon (including seeds and skin). Cut up, and over it sprinkle 3 cups sugar. To draw out juice, leave overnight. To this quantity take 6 lemons, sliced, skin and all, and pour over them 3 pints of water. Put in a separate bowl and leave overnight. Boil all together till tender, then strain. Add 1 cup sugar to 1 cup juice and boil till it jellies.

### PINEAPPLE JAM

Peel pineapple, remove specks and hard core. Put through mincer, or scrape on coarse grater, weigh pulp. Add 1 lb. sugar to each pound fruit. Put in saucepan with juice of 2 lemons, and sugar. Stir until it boils. Boil steadily  $1\frac{1}{2}$  hours, or till will set.

### PINEAPPLE HONEY

Two quarts grated pineapple, twice the quantity of sugar,  $\frac{1}{4}$  cup lemon juice. Put pineapple, sugar and lemon juice into saucepan and stir until dissolved, and allow to stand 8 hours. Put over slow fire, bring to boil and simmer slowly until honey is transparent and thick. Test for setting.

### PINEAPPLE MARMALADE

Two cups chopped orange and lemon, 4 cups chopped pineapple, 6 cups sugar. Stand overnight. Next morning add 2 cups water, and bring to the boil. Then boil for 1 hour, or until a little in a saucer sets. This is a sweet jam, and a little less sugar would make it a sharper taste if desired.

### PINEAPPLE AND PEACH JAM

Seven pounds of peaches, 1 large ripe pineapple, juice 3 lemons,  $\frac{3}{4}$  lb. sugar to every pound of prepared fruit. Peel and mince pineapple, removing hard core, peel and stone the peaches. Put into preserving pan and bring slowly to boil. Cook gently  $\frac{1}{2}$  hour. Add warmed sugar, boil till it will set when tested.

### PLUM JAM (Good)

Three pounds firm plums, 3 breakfast cups water, 5 breakfast cups sugar. Put fruit and water in pan and cook till plums are soft. Add sugar and boil swiftly till a little tried will set firmly. Remove stones as they rise to surface. Let cool a little before bottling.

### PLUM JAM

Boil 3 lb. plums and 1 pint water. Allow  $1\frac{1}{4}$  lb. sugar to each 1 lb. of fruit, add, stir till dissolved and boil till will set when tested.

### PLUM JAM

Five pounds of plums, 6 lb. sugar, 1 pint water, juice of 2 or 3 lemons. Boil the plums in water for 20 minutes. Add half the sugar and boil another 20 minutes. Add remainder of sugar and lemon juice and boil  $\frac{3}{4}$  of an hour, or till it will set. Add a knob of butter to obviate the scum, and take out a few of the stones.

### PLUM JAM (To make 5 lbs. jam)

Two and a half pound plums,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  breakfast cup water,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Stone fruit but do not peel. Cut into small pieces and crush thoroughly. Measure 2 lb. prepared fruit and water into a large preserving pan. Stir until mixture boils, cover, and simmer 15 minutes. Add sugar, mix well, and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### PLUM AND BLACK CURRANT JAM

Four pounds plums, 3 lb. black currants, 2 pints water. Boil till soft, then rub through colander. Put into pan, bring to the boil, slowly add 7 lb. sugar, and boil 40 minutes, or till it will set. Raspberries can be done in the same way.

### PLUM AND BANANA JAM

Nine pounds plums, 8 lb. sugar, 2 cups water, 2 oz. butter, 1 dozen bananas, mashed well. Make plum jam as usual with the butter in. Twenty minutes before jam is cooked, add well-mashed bananas, and stir in well. Not like plum jam in flavour and nice for a change.

### PLUM AND RASPBERRY JAM

Six pounds cherry plums, 6 lb. sugar, 3 lb. raspberries, 1 cup water. Boil plums in water and remove stones, add raspberries and sugar. Cook 20 minutes, then test. Half this quantity of jam can be made, if desired.

### PLUM AND RASPBERRY JAM

Cover 3 lb. red plums with water, boil for an hour, strain through colander. Put 7 lb. good sound raspberries in preserving pan, add plum pulp, cook fruit for a few minutes, and slowly add 10 lb. sugar. Add pinch salt. Bring to boil and boil quickly 30 minutes, or until it will set.

### PLUM AND STRAWBERRY JAM

Four pounds of Christmas plums and 2 cups water, boiled till tender. Press through colander. Add 2 chips strawberries, or loganberries, and 6 lb. warmed sugar. Boil hard till it will set—about half an hour, stirring well.

### PRUNE AND RHUBARB JAM

Eight pounds of rhubarb, 10 lb. sugar, 4 lb. prunes, 6 lemons. Cut up rhubarb small, and cover with 2 lb. sugar. Leave all night. Wash prunes, soak all night in water to cover. Next day put rhubarb and juice with prunes and water and lemons cut in quarters and simmer for an hour. Add remaining sugar and boil fast till will set, about 30 minutes. Remove lemons, and bottle.

### PUMPKIN JAM

Five pounds pumpkin,  $4\frac{1}{2}$  lb. sugar, 2 oranges, 1 lemon, 1 teaspoon ground ginger, pinch cayenne pepper,  $\frac{1}{2}$  teaspoon citric acid. Cut pumpkin into  $\frac{1}{2}$  inch squares, cover with sugar and stand all night. Put oranges and lemon through mincer, catching juice. Add all to pumpkin. Boil slowly till clear. Add sugar. Stir till dissolved. About  $\frac{1}{2}$  hour before taking up add pepper and citric acid. Test.

### PUMPKIN AND ORANGE OR LEMON JAM

Six pounds pumpkin weighed after cutting up, and 6 lb. sugar. Leave overnight. Cut up 4 oranges or lemons, soak with 3 cups of water, leave for 24 hours. Bring to boil oranges and water, let boil 20 minutes. Add pumpkin and sugar. Boil till soft and will set.

### QUINCE CONSERVE

Six pounds quinces, 6 lb. sugar. Peel and quarter the quinces, place in pan and barely cover with cold water. Cook till soft. Lift fruit out into basin, and cover with  $1\frac{1}{2}$  lb. sugar. Set aside for 12 hours. Boil peelings and cores (with the liquid from the quinces that were cooked) for 1 hour. Strain and add the  $4\frac{1}{2}$  lb. sugar. Bring to the boil again; add quinces, and boil till the syrup jellies—about half an hour.

### QUINCE CONSERVE

Seven pounds quinces, 7 pints water, 9 lb. sugar. Wipe quinces well, put in pan with the water and boil till quinces are soft. Take out, peel and core, and cut into suitable pieces. Add 4½ lb. sugar to the water, put in quinces, and boil for half an hour. Add remaining sugar, and cook till a bright colour, and will set when tested—about ¾ hour after last sugar is put in.

### QUINCE CONSERVE

Peel, core, and cut into eighths, the quinces. Weigh. Put into a basin. Allow 1 pint water and ½ lb. sugar to each 1 lb. fruit. Boil sugar and water 5 minutes, and pour boiling onto the quinces. Leave all night. Boil all together 2 to 3 hours, till will set, and is a lovely red. May be flavoured with cloves, or with clove essence.

### QUINCE HONEY (with Pineapple)

Boil for 10 minutes 1 pint water and 6 lb. sugar. Peel and mince 5 large quinces and 1 large pineapple, and add to syrup. Boil ½ hour, or till will set—a golden colour. Do not overboil. Remove hard core of pineapple.

### QUINCE HONEY

Peel, core and mince 6 large quinces. Boil peels and cores, strain, and make up to 1 pint with hot water. Make syrup with this pint of liquid and 4 lb. sugar, add minced quinces, boil for about 2 hours, or till will set when tested. Add the juice of a lemon, and half a cup of boiling water before taking up. Should be a fine red colour.

### QUINCE JAM

Wipe quinces. Peel, core and cut into quarters. Put peel and cores in pot, just cover with water, bring to boil. Boil gently till pale pink. Cut fruit into small pieces, weigh, allow an equal quantity of sugar. Sprinkle over sugar, leave overnight. Put all in pan with water the peels and cores were boiled in, no more sugar and no more water. Boil hard about an hour, then gently till nice red, and will set.

### QUINCE JAM

Twelve large quinces, 8 lb. sugar, 8 cups water. Peel and cut up quinces in slices, soak in 8 cups water overnight. Boil next morning till soft, then add the sugar, stir till dissolved and boil quickly till it will set.

### RASPBERRY JAM

One pound of raspberries, 1 lb. sugar,  $\frac{1}{4}$  pint water. Boil sugar and water 5 minutes. Add raspberries and boil about 20 minutes, or till will set when tested.

### ANOTHER RASPBERRY JAM

Bring berries to the boil, then add 1 lb. sugar to every 1 lb. of fruit and boil hard for only 3 minutes. Boil hard—retains bright colour and natural flavour. Strawberries may be done the same way.

### RASPBERRY AND SATSUMA JAM

Four pounds raspberries, 2 lb. satsuma plums, 5 lb. sugar. Crush fruit and bring slowly to the boil. Boil gently for 10 minutes. Stones may be removed from plums. Add sugar, boil smartly for  $\frac{1}{2}$  hour, and seal while hot. Test often. Do not overboil.

### RASPBERRY OR RED Currant JAM

Pick over fruit, wash and weigh very gently. Don't leave in the water. Drain, put into preserving pan, and crush a few to start the juice. Bring to the boil quickly, and add an equal weight of sugar. When dissolved, boil rapidly till it will set—8 to 10 minutes. For red currants—may be strained before adding sugar.

### RASPBERRY JAM (To make 5 lbs. jam)

Two and three quarter pounds sugar, 2 lb. raspberries,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush berries. Then measure sugar and 2 lb. prepared fruit into large preserving pan, mix well, and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly and prevent floating fruit. Pour quickly and cover.

### RASPBERRY AND RHUBARB JAM

Four pounds of raspberries, 8 lb. sugar, 6 lb. rhubarb. Cut up rhubarb small, sprinkle with sugar, and leave all night. Bring to boil next day, and cook till soft. Add the raspberries, and boil till it will set when tested.

### RASPBERRY AND RED CURRANT JELLY

Three pounds sugar,  $1\frac{3}{4}$  lb. raspberries,  $1\frac{3}{4}$  lb. currants,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. To prepare juice, crush fruit thoroughly. Add  $\frac{1}{2}$  a breakfast cup water and bring to a boil. Place fruit in a jelly cloth or bag and allow the juice to drain. Measure sugar and  $2\frac{1}{4}$  lb. juice into large saucepan, mix. Bring to a boil over hottest flame, add small piece of butter or margarine and at once add Certo, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from flame, skim, pour quickly.

### RASPBERRY AND RED CURRANT JAM

(To make 5 lbs. jam)

Three pounds sugar, 1 lb. raspberries,  $1\frac{1}{2}$  lb. red currants,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush currants. Add  $\frac{1}{4}$  pint water. Bring to a boil, cover and simmer 10 minutes. Remove seeds by sieving. Crush berries. Measure sugar into large preserving pan. Add  $2\frac{1}{4}$  lb. prepared fruit, making up weight with water if necessary. Mix well and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 1 minute. Then remove from flame and stir in Certo. Skim. Pour quickly and cover.

### RED CURRANT JAM (To make 5 lbs. jam)

Two pound red currants,  $\frac{1}{2}$  breakfast cup water,  $3\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  bottle Certo. Use only good quality fruit. Crush fruit thoroughly and measure 2 lb. into large preserving pan. Add  $\frac{1}{2}$  breakfast cup water. Stir until mixture boils, then simmer covered 15 minutes or until the skins are soft. Add sugar, mix well, and bring to a full rolling boil over hottest flame, add small piece of butter or magarine. Stir constantly before and while boiling. Boil hard 1 minute. Remove from flame and stir in Certo. Skim, pour quickly and bottle.

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Use HANSELL'S ESSENCES in your cooking

### RED Currant JAM

Pick over currants, put in pan, crush a few to start juices. Bring to the boil. Add equal quantities of sugar, dissolve, and boil till it will set. Strain if liked.

### RED Currant JELLY

Ten pounds fruit, 1 pint water. Simmer till soft, strain through jelly bag for 24 hours. Allow 1 lb. sugar to each pint of juice. Bring juice to the boil, add warmed sugar, and boil till it will set when tested. Add a knob of butter. A little lemon juice is nice.

### RHUBARB JAM

Wash and dry 8 lb. rhubarb, cut into short pieces, removing only very coarse parts of skin. To every lb. of cut-up rhubarb allow  $\frac{3}{4}$  lb. sugar. Leave standing all night. Boil till jam sets when tested, then add a 2 lb. tin strawberry or raspberry jam.

### RHUBARB AND RASPBERRY JAM

Three pounds of rhubarb, 4 lb. raspberries, 6 lb. sugar. Slice rhubarb small, let it cook till tender, with about 6 tablespoons of water. Add raspberries, mix and bring to boiling point. Add sugar, stir till dissolved, and boil till jam will set.

### RHUBARB AND BANANA JAM

One pound of rhubarb, 1 lb. sugar. Cut up rhubarb and put with sugar overnight. Boil till soft. Then add 2 or 3 bananas to each 1 lb. of rhubarb. Mash bananas or cut finely. Bring back to boil, boil 3 to 5 minutes, and bottle. Test.

### RHUBARB AND LEMON JAM

To 1 lb. rhubarb allow 1 lb. sugar. For 4 or 5 lb. rhubarb allow 2 small lemons. Cut rhubarb into small pieces and cover with the sugar. Leave overnight. Next day, boil up after adding the grated rind and juice of lemons. Drop in piece of butter size of a walnut before taking off. Boil about 1 hour, or till it will set. Rhubarb jam is always fairly liquid.

### RHUBARB MARMALADE

Four pounds of rhubarb, 2 lemons,  $\frac{1}{2}$  lb. walnuts, 1 pint water, 2 oranges, 6 lb. brown sugar. Chop the rhubarb and boil in the water for 20 minutes. Put oranges, lemons and nuts through mincer, and add to cooked rhubarb. Add sugar, stir till dissolved and cook till will set—perhaps 1 hour.

### RHUBARB AND DRIED FIG JAM

Six pounds of rhubarb,  $1\frac{1}{2}$  lb. dried figs, 6 lb. sugar. Cut rhubarb and cover with layers of sugar. Next day, strain off juice and boil with rest of sugar, add rhubarb, and boil 30 to 40 minutes. Finally add cut-up figs, and boil about  $\frac{1}{2}$  hour, or till will set.

### RHUBARB AND PINEAPPLE JAM

Three pounds of sugar, 1 large tin pineapple, 4 lb. rhubarb. Cut up rhubarb and pineapple, add sugar, and leave all night. Next day put on to boil, and boil till it will set when tested. Just before bottling, add the pineapple juice, and stir well. Bottle in usual way. Lovely pink colour.

### RHUBARB JAM

Three pounds sugar, 2 lb. rhubarb,  $\frac{1}{4}$  pint water, 1 bottle Certo. Slice fine or chop rhubarb but do not peel. Red-stalked rhubarb gives best colour. Measure sugar into large preserving pan and add 2 lb. prepared rhubarb and water. Add 1 teaspoon ginger, if desired. Mix well and bring to a full rolling boil over hottest flame, add a small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from flame and stir in Certo. Skim, pour quickly and cover.

### STRAWBERRY CONSERVE

Six pounds of strawberries, 6 lb. sugar,  $1\frac{1}{2}$  pints red currant juice or gooseberry juice. Put strawberries in a basin, sprinkle with half the sugar, and leave till next day. Put gooseberry juice in pan with rest of sugar, and juice from strawberries. Boil 8 to 10 minutes, stirring all the time. Then add strawberries, and boil till set, about 20 minutes. Skim. Fill warm jars. Cover when cold. Whole strawberries in a heavy jelly.

### STRAWBERRY JAM

Four pounds sugar, juice 4 lemons, 4 lb. strawberries. Cook fruit and lemon juice—simmering gently till soft. Add sugar, stir till dissolved and boil till it sets, when tested. Pot when half cold, stirring before bottling.

### STRAWBERRY JAM

Six pounds of strawberries,  $4\frac{1}{2}$  to 6 lb. sugar. Wash and drain the berries, sprinkle with the sugar and leave overnight. Then simmer till berries are plump (from 30 to 40 minutes). Test for setting. Juice of a lemon added helps it to set.

### STRAWBERRY JAM (To make 5 lbs. jam)

Three pounds sugar, 2 lb. strawberries,  $\frac{1}{2}$  bottle Certo. Use good quality fruit. Crush thoroughly. Measure sugar and 2 lb. prepared fruit into large preserving pan, mix well, and bring to a full rolling boil over hottest flame, add small piece of butter or margarine. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from flame and stir in Certo, then stir and skim by turns for just 3 minutes to cool slightly to prevent floating fruit. Pour quickly into jars and cover.

### STRAWBERRY AND GOOSEBERRY JAM

To 5 lb. gooseberries allow 2 lb. strawberries, 7 cups water and 9 lb. sugar. First boil gooseberries in the water for 20 minutes. Then add sugar, stir till dissolved, then add strawberries and boil  $\frac{3}{4}$  hour, or until it will set when tested.

### STRAWBERRY AND RHUBARB JAM

To 1 lb. strawberries allow  $\frac{1}{2}$  lb. rhubarb and  $1\frac{1}{4}$  lb. sugar. Cut the rhubarb to size of a strawberry, and cover all with half the sugar. Leave all night. Next day bring to the boil, add the rest of the sugar, and boil till it will jell.

### TOMATO MARMALADE

Skin tomatoes. Cut into quarters or smaller. Weigh, allow equal quantities of sugar. To each 5 lb. tomatoes allow 1 lemon cut lengthwise, then sliced finely, and 2 oz. preserved ginger diced. Boil all quickly till it will set, and lemon is soft.

### THREE FRUIT JELLY

Two pounds black currants, 2 lb. red currants, 1 lb. raspberries. Put into pan with just enough water to cover. Bring slowly to the boil, simmer gently till thoroughly cooked. Put in jelly bag, leave to drip all night. Next day, put cup for cup of sugar (1 lb. sugar to each pint juice). Bring quickly to the boil when sugar is dissolved, and boil slowly for 15 minutes, or till will set.

### TOMATO JAM

Five pounds tomatoes, 5 lb. apples, 1 lb. preserved ginger, 8 lb. sugar. Crush ripe tomatoes in preserving pan. Peel, core, and cut up apples. Cut preserved ginger small, and boil all together for half an hour. Add sugar, stir till dissolved, and boil 1 hour longer on low heat, till sets. No water needed.

### TOMATO JELLY

Six pounds of tomatoes, 3 large lemons, sugar. Cut tomatoes put them into pan with the rind of the lemons, heat gradually so juice runs out. Simmer for 10 minutes, then strain through jelly bag. Boil up and add cup for cup of sugar, and juice of the lemons. Stir till sugar has dissolved. Boil till jelly sets. Delicious on small open tarts.

### TOMATO AND PASSIONFRUIT JAM

Four pounds ripe tomatoes, 1½ cups passionfruit pulp, 5 lb. sugar. Skin tomatoes; boil half of the passionfruit skins until inside is soft. Scoop them out with a spoon. Add this pulp to tomatoes and passionfruit pulp. Add sugar, stir till dissolved, and boil together till it will set when tested.

### TOMATO, PEACH AND CAPE GOOSEBERRY

Three pounds of peaches, 1 lb. cape gooseberries, 1 dozen ripe tomatoes (medium sized). Skin and cut up tomatoes, shell gooseberries, cut up peaches, and boil with 2 cups water till soft. Add 1 cup sugar for each cup of pulp. Stir till dissolved and boil till it will set when tested.

### **TOMATO AND PINEAPPLE JAM**

Two large pineapples to 5 lb. tomatoes. Peel and cut up pineapples. Skin the tomatoes and also cut up. Boil the fruits together till the pineapple is soft. Add  $\frac{3}{4}$  lb. sugar to every lb. of the mixture and boil again for  $\frac{1}{2}$  hour longer, or until the mixture sets. Remove hard core of pineapple.

### **GREEN TOMATO JAM (with Apples)**

Six pounds green tomatoes, 2 lb. apples,  $\frac{1}{2}$  lb. preserved ginger, 8 lb. sugar, 1 cup water. Cut up fruit and ginger, put in pan with water, and boil, stirring frequently, for about half an hour. Add sugar, stir till dissolved and boil till it will set.

### **GREEN TOMATO JAM (with Lemon Juice)**

Three pounds tomatoes, 4 lb. sugar, juice 6 lemons,  $\frac{1}{4}$  lb. shredded preserved ginger. Slice tomatoes, add lemon juice and ginger, and very little water to prevent sticking. Boil  $\frac{1}{2}$  hour till soft, add sugar, and boil till will set when tested, about  $\frac{3}{4}$  hour.

### **GREEN TOMATO AND CAPE GOOSEBERRY JAM**

Three pounds cape gooseberries, 1 lb. green tomatoes,  $1\frac{1}{2}$  lb. bananas,  $3\frac{1}{2}$  lb. sugar, 1 to  $1\frac{1}{2}$  cups water. Boil hulled cape gooseberries and tomatoes in water till soft. Add sugar, and stir till dissolved. Boil 30 minutes. Add mashed bananas, and boil again, till it will set when tested—about 30 minutes more. Tomatoes may be skinned first.

### **TREE TOMATO AND MELON JAM**

Two pounds of tree tomatoes, 4 lb. melon, 6 lb. sugar, 1 level teaspoon citric acid or tartaric acid, 2 pints boiling water. Peel and cut melon into dice. Pour the 2 pints boiling water over the clean tomatoes. Stand in hot place for 15 minutes, then skin them and cut them up. Pour the water they have soaked in over the melon and cut up tomatoes. Bring to the boil, boil 5 minutes. Add warmed sugar, stir till dissolved, and boil till it jells slightly. Add acid. Pot hot; seal cold.

## TREE TOMATO JAM

Three pounds tree tomatoes, 1 lb. green apples, peeled and minced, 4 lb. sugar, juice 1 or 2 lemons. Scald tomatoes to peel, cut up, put with apples in pan with 2 teacups water, and bring to the boil. Add sugar, and boil till it will set, about an hour. Add lemon juice; bottle hot.

# **WONDER LEMON MARMALADE**

To every pound of lemons allow 3 pints of water, and 1½ lb. sugar. Cut or mince the fruit. Put into water, and let stand for 24 hours. Boil till tender, about ¾ hour, skim off pips. When cold, add sugar, and let stand till next day, then boil for an hour, or until it jells.

Use HANSELL'S TARTARIC ACID in your cooking

## CHUTNEYS, PICKLES AND SAUCES

*It is always advisable to put a little less salt and mustard than stated until you taste the mixture.*

*It is easy to add more seasoning, but impossible to take out if once in.*

### APPLE CHUTNEY

Four pounds of apples, 2 lb. tomatoes, 2 large onions, 1 lb. sugar, 2 oz. salt,  $\frac{1}{2}$  oz. ground ginger,  $\frac{1}{4}$  teaspoon cayenne,  $\frac{1}{4}$  oz. allspice, 1 quart vinegar, 1 lb. seedless raisins. Skin tomatoes, mince apples and peel onions. Tie spices in a muslin bag. Boil all together in saucepan 1 or more hours, till brown and cooked;  $\frac{1}{2}$  cup finely chopped mint added makes interesting flavour.

### APPLE CHUTNEY (uncooked)

Six large apples, 4 medium shallots or 6 small ones,  $\frac{1}{2}$  lb. seeded raisins,  $\frac{1}{2}$  cup dates, 2 tablespoons salt, 1 packet mixed spice, 2 teaspoons ground ginger,  $\frac{1}{2}$  lb. brown sugar,  $\frac{1}{2}$  teaspoon mace, 1 pint vinegar. Mince all, mix with vinegar, and bottle. Ready in one week.

### CLOVED APPLES

Four pounds sound apples,  $3\frac{1}{2}$  lb. sugar, 2 cups water, 1 dozen cloves. Peel and core apples, divide into quarters. Boil sugar, cloves and water to syrup, add apples, bring to boil, and simmer gently till each piece of apple is cooked but not broken. Lift out apples carefully into small hot jars. Boil up syrup for 5 minutes, and cover apples in jars. Seal immediately. If done properly should keep well, and are delicious with cold meat, cheese or salad.

### APPLE AND MINT CHUTNEY

Half a pound tart apples,  $\frac{1}{2}$  lb. ripe tomatoes,  $1\frac{1}{2}$  cups seeded raisins, 2 cups sugar, 2 teaspoons salt,  $\frac{1}{2}$  cup mint leaves finely chopped. 3 cups malt vinegar, 2 teaspoons mustard,  $1\frac{1}{2}$  teaspoons black pepper. Mince tomatoes, apples and raisins. Boil vinegar and spices for 5 minutes. When cold mix all together and bottle.

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Use HANSELL'S BAKING SODA in your cooking

### APPLE SAUCE

Eight pounds of apples, 4 lb. sugar,  $\frac{1}{4}$  lb. salt, 6 onions, 1 oz. cloves, 1 oz. allspice,  $\frac{1}{2}$  teaspoon cayenne, 2 quarts vinegar. Cut up apples, put spices in muslin bag, and cook all for 3 hours. Strain and bottle.

### APPLE AND PEAR CHUTNEY

Two pounds of pears, 1 lb. apples, 2 lb. plums, 1 lb. dates, 1 lb. chopped raisins, 1 lb. onions or shallots,  $1\frac{1}{2}$  lb. brown sugar or treacle—treacle is best,  $\frac{1}{4}$  lb. salt,  $\frac{1}{2}$  teaspoon cayenne, 1 packet spice, 2 oz. ground ginger. Mince, or chop finely, all fruit and onions; add seasonings. Add  $1\frac{1}{2}$  quarts vinegar, and boil slowly for 2 hours. Thin with more vinegar if necessary.

### APRICOT CHUTNEY

Six pounds of apricots,  $2\frac{1}{2}$  lb. onions,  $1\frac{3}{4}$  lb. sugar, 1 dessert-spoon salt, 1 teaspoon cloves, 1 teaspoon peppercorns, 1 teaspoon ground mace, 1 teaspoon curry powder,  $\frac{1}{2}$  teaspoon cayenne,  $\frac{1}{2}$  bottle vinegar. Cut up the apricots and onions, and put in pan with rest of ingredients. Boil 1 hour. Nice in sandwiches for supper.

### APPLE AND BANANA CHUTNEY

Three pounds of peeled apples, 2 lb. peeled bananas, 1 lb. onions,  $\frac{1}{2}$  lb. preserved ginger, 1 lb. raisins,  $1\frac{1}{2}$  lb. brown sugar, 1 tablespoon salt, cayenne to taste (about  $\frac{1}{2}$  teaspoon),  $2\frac{1}{2}$  pints vinegar. Put raisins, ginger, apples, bananas and onions through mincer. Simmer all for 2 hours.

### BEAN RELISH

Four pounds sliced beans (scarlet runners are good), 7 large onions sliced finely, 2 tablespoons each of salt, flour and mustard, 2 small teaspoons pepper, 6 pints vinegar, 2 heaped teaspoons turmeric,  $1\frac{1}{2}$  lb. sugar. Boil vinegar, pepper, salt, sugar, beans and onions together for 1 hour, or till tender. Mix flour, mustard and turmeric with a little cold vinegar. Stir into beans and boil a few minutes longer. Cover when cold. A small piece of finely chopped garlic is an improvement, too.

### BEETROOT CHUTNEY

Three pounds beetroot, 1½ lb. apples, 2 onions, 1 pint vinegar, ½ teaspoon ginger, 1 teaspoon salt, juice of 1 lemon, ¾ lb. sugar. Boil the beetroot until tender; cut into cubes when cold. Cut onions and apples small and boil 20 minutes with the vinegar, sugar, etc. Add the prepared beetroot and boil another ¼ hour.

### GINGERED BEETROOT

Pare and slice washed beetroots very thinly, sufficient to fill a quart billy. Add 1 lb. sugar, 1 oz. preserved ginger cut up, and leave standing all night. Next day, boil up with the juice of a lemon, and small cup of vinegar, till thick and clear. Pot and seal in small jars.

### RED BEET RELISH (uncooked)

Wash, scrape and skin 3 medium beet. Grate on carrot grater. Grate more finely a small piece of horse-radish. Add ½ cup sugar, a little cinnamon, pepper and salt, and mix all with beet. Boil 1 cup vinegar with a few cloves and strain. When cold, mix with beet and radish, and leave about a week before using.

### BENGAL CHUTNEY

One pint vinegar, 1 lb. sultanas, 1 lb. seeded raisins, 1½ lb. brown sugar, 2 oz. salt, 4 lb. apples, weighed after peeling, 1 lb. onions, 1½ oz. ground ginger, ½ teaspoon cayenne pepper. Mince apples, add sultanas, raisins and other ingredients. Boil about 2 hours till thoroughly blended.

### BLACKBERRY PICKLE

One pint blackberries, 1 lb. white sugar, ½ oz. ground ginger, ½ pint vinegar, 1 oz. allspice. Steep blackberries and sugar for 12 hours. Bring vinegar to the boil; add blackberries and boil for half an hour. When cold add ginger and spice, and mix well. Put in jars and cover.

### BLACK CurrANT SAUCE

Three tumblers black currant juice (made by boiling black currants with very little water and straining as for jelly), 2 tumblers vinegar, 1½ lb. sugar, ½ tablespoon salt, 1 tablespoon each cloves, spice, and cinnamon, and pepper to taste. Boil together half an hour.

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Use HANSELL'S MERINGUE WHIP in your cooking

### CABBAGE PICKLE (uncooked)

Cut up cabbage (or cauliflower) overnight, and sprinkle with salt. In the morning wash off salt, and drain for half a day. Put into jars, sprinkle allspice at the bottom and in the middle, as well as on top. Cover with best vinegar, filling the jars. Tie up, and keep in a cool place.

### PICKLED CAPERS

Pick capers when ripe, put in sun for 1 day to dry. Put in large jar, cover with vinegar and let stand 3 or 4 weeks. Drain, pack closely in jars. Allow to each pint of that vinegar 1 teaspoon mace, 1 bay leaf, 6 whole peppers, and 1 teaspoon brown sugar. Bring these to the boil, strain, and fill the jars. Cover closely and store in a cool dark place. Best kept 2 months before using.

### CARROT PICKLE—Sweet

Put very young, brightly coloured carrots into boiling, salted water. Cook gently till three parts done. Remove, put into cold water, rub off skins. Cut into even slices, pack tightly into jars and pour over spiced vinegar made as follows: 1 quart vinegar, 1½ lb. sugar, ½ oz. cloves, 1 tablespoon cinnamon, 1 teaspoon mace, 1 teaspoon allspice, Scald together and pour over the carrots.

### CAULIFLOWER PICKLE

Cut up finely 1 large cauliflower and 4 large onions. Sprinkle with salt and leave overnight. Strain. Then boil for 20 minutes in 1 quart vinegar.

**THICKENING:** ½ cup flour, 1½ teacups golden syrup, ½ tablespoon curry, ½ tablespoon turmeric, 2 dessertspoons mustard, mixed with 1 pint vinegar. Heat till thick, then stir into other ingredients. Boil all 5 or 6 minutes. Bottle when cold.

### CELERY PICKLE (With Tree-tomatoes)

Eighteen ripe tree tomatoes and 5 good heads celery. Skin and chop tomatoes, chop up celery—not too small. Place in buttered preserving pan, add 2 cups brown sugar, 1½ cups vinegar, 2 tablespoons salt, or less if liked, 1 teaspoon each of cloves, allspice, cinnamon and mustard. Bring gradually to boil and simmer about 1½ hours. Fill warm jars and seal while warm.

### CHOW CHOW

Two quarts vinegar, 3 lb. beans, 3 lb. onions, 3 or 4 cucumbers,  $\frac{1}{2}$  lb. salt, 1 oz. cloves, 1 oz. spice, 1 oz. peppercorns, 3 or 4 oz. mustard,  $\frac{1}{2}$  teaspoon cayenne, 1 lb. brown sugar, 1 tablespoon turmeric, 4 tablespoons flour. Cut up vegetables and sprinkle with salt. Stand overnight. Drain; add  $1\frac{1}{2}$  quarts of the vinegar, and boil only till vegetables are tender. Then add sugar, spices, mustard, cayenne, turmeric and 4 tablespoons flour mixed with the other  $\frac{1}{2}$  quart vinegar. Add to vegetables and boil till thick. Bottle.

### CHOW CHOW

Six pounds mixed vegetables—cauliflowers, etc.,  $3\frac{1}{2}$  pints vinegar, 1 dessertspoon ground ginger, 1 tablespoon salt, 1 cup sugar, a few chillies. Let all come to the boil. Thicken with:  $\frac{3}{4}$  cup flour, 2 tablespoons mustard, 1 oz. turmeric, 1 tablespoon curry powder, and 1 pint vinegar, all mixed smoothly. Boil half an hour.

### CHOKO PICKLE

One quart vinegar, a little mace, 8 fair-sized chokos, saltspoon cayenne, 1 lb. beans, 1 tablespoon mustard, 1 lb. onions, 1 teaspoon ginger, 1 dessertspoon peppercorns, 1 teaspoon curry powder, 1 level teaspoon cloves, 1 dessertspoon flour, 1 cup sugar, 1 dessertspoon turmeric. Wash chokos and beans, cut vegetables into dice. Let stand in weak salt and water for 12 hours. Strain. Tie spices in bag. Put all on to boil in vinegar, except flour, mustard and turmeric. Let boil about  $\frac{1}{4}$  hour, add mustard, turmeric and flour blended with a little vinegar. Boil till tender. Bottle when cold.

### CHOKO CHUTNEY

Ten large chokos,  $1\frac{1}{2}$  lb. stoned dates,  $1\frac{1}{2}$  lb. sugar, 3 large cooking apples, 1 onion,  $\frac{1}{2}$  lb. preserved ginger, 3 or 4 oz. salt, 1 teaspoon cayenne, 1 lb. sultanas,  $1\frac{1}{2}$  quarts vinegar, 1 lb. raisins. Cut up chokos finely overnight, and next morning boil all ingredients till tender.

### CHUTNEY WITHOUT COOKING

One bottle Chow-chow or Piccalilli, 1 lb. dark plum jam, 10 chillies, 1 lb. seeded raisins. Put all through the mincer and mix well. Place in small jars and seal.

### CUCUMBER PICKLE

Six pounds cucumbers and 2 lb. onions. Cut and salt them overnight. Next day put 3 pints vinegar, 1½ teaspoons cayenne pepper, 1½ teaspoons turmeric powder, ¼ lb. best mustard (or less, to taste) over drained cucumbers and onions. Put in pan and cook 15 to 20 minutes.

### CAULIFLOWER AND PINEAPPLE PICKLE

Three pounds sliced onions, 1 large cauliflower broken into little flowerettes. Sprinkle handful of salt over, leave all night. Next day strain and cover with vinegar. Boil 30 minutes. Then add 1 large tin of pineapple cut small. Thicken with ½ cup flour, 1 tablespoon mustard, 2 tablespoons curry powder, 4 tablespoons sugar. Mix to paste, stir into the pickle. Boil 10 minutes, then bottle.

### CUCUMBER CHUTNEY

Four pounds cucumbers, 4 lb. apples, 4 lb. onions, 1 oz. garlic, 12 oz. raisins, 2 lb. sugar, 1 oz. cloves, 1 oz. peppercorns, 1 oz. cayenne, 4 oz. ginger. Cut up cucumber, sprinkle with salt, and leave overnight. Pour liquid off. Cut up other fruits, etc., finely, mix with strained cucumber and other ingredients. Cover with vinegar and boil 1 hour.

### PICKLED CUCUMBERS (Jewish method)

In a small barrel or stone jar, put a thin layer of salt and sugar, then grape leaves. Now put the cucumbers—do not cut or skin them. Repeat till jar is full. Seal well; they will be ready in about two months.

### SWEET PICKLED CUCUMBERS

Peel and scrape out the inside of large, full-grown cucumbers. Cut into pieces, sprinkle with salt, and leave all night. Next day, strain. To 4 lb. cucumber add 1 quart boiling vinegar. Let stand one day. Pour off vinegar, boil with ½ lb. sugar, cloves, cinnamon and ginger to taste. When cool, pour over pickle. Put into screw top jars. In two weeks' time, pour off the vinegar, etc., reboil, and return to pickle when cold. Make airtight.

### CUCUMBER RELISH

One pound apples (peel before weighing), 1½ lb. onions, 1½ lb. cucumbers (do not peel before weighing), 1 lb. sugar, 1 teaspoon pepper, 1 dessertspoon curry powder, 1 pint vinegar, 1 oz. salt. Mince apples and cook them in the vinegar. When soft, add the sugar, pepper, salt and onions. Cook this till soft; add the minced cucumber, and boil about 5 minutes. To colour, add 2 tablespoons turmeric.

### CHINESE GOOSEBERRY CHUTNEY

Twelve Chinese gooseberries peeled and cut up, 3 medium-sized onions grated, 1 large banana cut up, 2 lemons peeled and cut into chunks, 1 small cup sultanas or raisins, 1 teaspoon ground ginger, ¼ lb. preserved ginger, 1 large cup sugar (brown), 1 dessertspoon salt (or a little less), ½ teaspoon pepper, 1 large cup vinegar. Put all into saucepan, just cover with vinegar, and simmer about 1½ hours. Mash with potato masher (do not strain through colander). When cool, bottle and cork well.

### DATE AND TOMATO CHUTNEY

Six pounds ripe tomatoes, 3 lb. dates, ½ lb. onions, ½ lb. preserved ginger, 1 lb. brown sugar, 2 oz. salt, ½ oz. cayenne pepper, ½ oz. garlic, 5 pints vinegar. Skin and slice tomatoes, stone and chop dates, cut onions and ginger finely, and boil all together gently for 4 hours.

### ECONOMY PICKLE

Cook up any vinegar left over in pickled onion bottles with a cupful each of dates, raisins, and figs. Boil about 20 minutes, press through a sieve, put into jars and seal.

### FIG CHUTNEY

One and a half pounds fresh figs, 3 oz. raisins, 2 oz. preserved ginger, ½ lb. onions, 3 oz. dates, 6 oz. brown sugar, ½ teaspoon salt, ¼ teaspoon cayenne, 1 pint vinegar. Cut figs into rings, also cut dates and ginger into cubes. Boil vinegar and sugar; pour this on to all other ingredients, and leave all night. Next day boil till thick and dark, about 3 hours.

### PICKLED FIGS (Fresh)

Six pounds of figs, 3 lb. sugar, 1 quart vinegar, 1 tablespoon mixed spices—allspice, mace, cinnamon, etc. Stick 2 or 3 cloves into each fig, but do not peel figs. Boil vinegar, sugar and spices together. When boiling, skim, then put in figs. Boil slowly till figs can be pierced with a straw. Put the fruit into hot jars. Boil syrup 5 minutes, pour over figs, and seal while hot.

### FIG CHUTNEY

Three pounds apples,  $\frac{1}{2}$  lb. figs, 1 lb. onions,  $\frac{1}{2}$  lb. sultanas, 3 or 4 oz. salt, 2 lb. good brown sugar, 2 pints vinegar,  $1\frac{1}{2}$  oz. ground ginger,  $\frac{1}{2}$  oz. chillies. Chop up, bring to boil, boil about  $\frac{1}{2}$  hour, and bottle cold.

### FAVOURITE CHUTNEY (Green Tomatoes)

Two and a half pounds green tomatoes, 4 oz. sliced onions, 4 oz. brown sugar or treacle, 1 pint good vinegar, 1 oz. cloves, pepper to taste. Cut up fruit and sprinkle with a little salt. Next day drain, and put all on to boil till cooked and thick, about an hour.

### FRUIT CHUTNEY

Four pounds apples, 4 lb. pears,  $\frac{1}{2}$  lb. seeded raisins,  $\frac{1}{2}$  lb. preserved ginger, 1 lb. figs, 6 onions, 3 pints vinegar, 3 lb. light brown sugar, 3 oz. ground ginger, 2 oz. mustard,  $\frac{1}{4}$  lb. salt, and 4 oz. or less garlic. Peel apples and pears, and cut small. Cut figs and ginger small. Mince onions and garlic. Add all other ingredients, and stir. Cover with vinegar, and cook  $\frac{1}{2}$  to 1 hour.

### FRUIT CHUTNEY (With Quinces)

One pound tomatoes, 1 lb. apples, 1 lb. quinces, 10 oz. onions,  $\frac{1}{2}$  lb. raisins, 4 oz. preserved ginger (or bruised whole ginger),  $\frac{1}{2}$  lb. brown sugar, 1 or 2 oz. salt,  $\frac{1}{2}$  oz. ground ginger,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon cayenne, 1 pint vinegar. Chop fruit and vegetables finely, and boil 2 to 3 hours.

### PICKLED GHERKINS

Easy way. Make strong brine of usual salt and water, place gherkins in brine, and leave till yellow. Drain, put into jars,

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Use HANSELL'S CITRIC ACID in your cooking

cover with hot spiced vinegar (allspice, mace, cloves, etc., to taste), and keep in warm place till they are green again. Then pour off vinegar, add a fresh supply of spiced vinegar, and seal jars.

### PICKLED GHERKINS

Fifty gherkins, 1 quart best vinegar, 1 oz. salt, 10 oz. sugar,  $\frac{1}{4}$  oz. allspice,  $\frac{1}{4}$  lb. mustard seed, pinch cloves and mace,  $\frac{1}{2}$  oz. white peppercorns. Tie spices in muslin. Make brine of salt and water strong enough to float an egg. Wash gherkins, let them stand all night in the brine. Next day drain, and dry each gherkin separately. Boil spices in vinegar for 12 minutes, add the gherkins and boil for 2 minutes. Then put gherkins into sterilized jars, and pour vinegar over them. Save the spices, and next day pour the vinegar off the gherkins and boil with the spices again. Pour boiling hot over the gherkins. Seal airtight in jars.

### GREEN GOOSEBERRY CHUTNEY

Top and tail 2 lb. green gooseberries, put in pan with 1 lb. chopped prunes, 1 lb. raisins or sultanas, 1 lb. sliced onions, 2 oz. ground ginger, good pinch cayenne, small teaspoon salt, 1 quart vinegar, 1 lb. brown sugar. Boil till fruit is pulpy. Add brown sugar. Stir till the sugar is dissolved, and boil about 1 minute. Bottle.

### GOOSEBERRY CHUTNEY

Two pounds gooseberries, 1 lb. raisins, 2 lb. brown sugar, 1 lb. dates, 1 oz. garlic or 2 large onions, 2 oz. salt,  $\frac{1}{4}$  lb. preserved ginger,  $\frac{1}{2}$  teaspoon cayenne, 1 quart vinegar. Cover the gooseberries and garlic (or onions) with vinegar, and boil till soft—about 10 minutes. Add other ingredients, and boil a further 10 minutes approximately.

### GOOSEBERRY MINT JELLY

Wash green gooseberries, and put in pan, nearly cover with cold water. Cook till pulpy. Strain through sieve. To each pint add 1 lb. sugar, and some stalks of fresh mint tied in a bundle, and boil till ready. Take out mint, and bottle jelly. Eat with cold meat.

## INDIAN CHUTNEY

One pound apples, 1 lb. tomatoes, 1 lb. raisins,  $\frac{1}{2}$  lb. brown sugar, 2 oz. ground ginger, 1 oz. garlic,  $\frac{1}{4}$  oz. cayenne, 1 tablespoon salt, 3 pints vinegar. Scald tomatoes, and peel them. Peel apples. Stone raisins. Chop all finely. Boil together till fairly thick—2 to 3 hours.

## INDIAN CHUTNEY (With Gooseberry)

Two pounds green gooseberry pulp, 1 lb. sultanas, 1 lb. dates cut small, 2 cups vinegar, 1 oz. garlic cut small, 1 lb. brown sugar, 1 lb. white sugar, 4 oz. preserved ginger, 2 teaspoons cayenne pepper, 2 oz. salt. Boil all ingredients together  $\frac{1}{4}$  hour. Bottle in wide-mouthed jars.

## MAHARAJAH'S CHUTNEY

Two pounds firm peaches, 1 lb. seeded raisins,  $\frac{1}{2}$  lb. preserved ginger,  $\frac{1}{4}$  lb. peel, 1 lb. onions, 2 oz. garlic, 1 lb. brown sugar, 2 teaspoons cayenne, 1 tablespoon curry powder, 2 oz. salt. Chop all ingredients finely, add 1 quart vinegar, and boil 1 hour. Very good.

## MANGO CHUTNEY

Five pounds of half-ripe mangoes, 4 small red peppers,  $\frac{1}{4}$  lb. garlic,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. preserved ginger, 5 lb. white sugar, 1 quart vinegar, 1 tablespoon salt, 2 tablespoons whole cloves. Peel mangoes and cut in slices  $\frac{1}{4}$  inch thick and 1 inch long. Bring vinegar and sugar to boil. Add other ingredients and cook till mangoes are transparent. Put fruit in jars and pour syrup over it. Left-over syrup may be used to pickle fresh or canned peaches, pears, or apricots.

## MANGO CHUTNEY (With Quinces)

Two pounds peeled ripe mangoes, 8 chillies, 2 lb. dark sugar, 2 large apples, 4 tomatoes, 1 lb. sultanas, 2 bananas, 1 teaspoon each spices, salt and ginger, 1 quince,  $\frac{1}{2}$  lb. dates. Mince the fruit, put all into pan with 2 quarts of vinegar, and boil till thick.

## MINT VINEGAR—To Keep

Bring a pint of vinegar to the boil. Pour this over 1 lb. chopped mint. Stir, cool, and seal. For a sweet vinegar, add 1 lb. sugar and stir till dissolved. Use for lamb, mutton, beans, etc., or salads.

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Use HANSELL'S TARTARIC ACID in your cooking

### MINT AND APPLE CHUTNEY

Four pounds brown sugar, 4 lb. tomatoes (skinned and chopped), 4 lb. onions (finely cut), 4 lb. apples (peeled and sliced), 8 cups vinegar, 2 lb. raisins, pinch cayenne, 4 tablespoons salt, 3 tablespoons mustard, 2 cups of chopped mint, well pressed down. Simmer all gently  $\frac{3}{4}$  hour, approximately.

### MINT CHUTNEY

Two pounds tomatoes, 2 lb. sour apples, 2 lb. onions, 2 cups mint leaves, 2 cups sugar, 4 cups vinegar, 2 tablespoons mustard, 2 teaspoons salt, 2 chillies, 2 cups raisins. Put all through mincer, with basin underneath to catch any liquid. Bring vinegar to boil, add sugar and mustard mixed with a little of the vinegar. Boil 5 minutes. Let it cool, then add minced ingredients and mix thoroughly. Leave till next day, stir and bottle. Ready in a fortnight.

### MINT JELLY

One cup finely chopped mint, 3 or more dessertspoons sugar, 1 cup hot water, 1 cup vinegar. Boil all except mint, then add 1 tablespoon powdered gelatine, moistened. Stir and add mint. Set in little pots.

### MINT AND APPLE JELLY

Two pounds windfall apples. Quarter them without peeling, almost cover with water, and boil 10 minutes. Add 4 tablespoons chopped green mint. Boil 20 minutes, then strain. To each cup of juice allow  $\frac{1}{2}$  cup sugar, and boil till it will set on a cold saucer.

### MINT SAUCE (Preserved)

One teacup finely chopped mint,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup water, salt and pepper to taste. Put sugar, vinegar and water into pan and bring to boil, and boil for 5 minutes. Cool, then add mint and seasoning. Pour into small bottles and use as required. May need a little extra hot water when using.

### MINT SAUCE—To Keep

One bottle vinegar, 1 lb. brown sugar—boil well, about  $\frac{1}{2}$  hour. Have ready 2 or 3 cupfuls (at least) of chopped mint. Put mint in jar, pour boiling vinegar over. Tie down with paper—do not use metal cover.

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Use HANSELL'S BAKING SODA in your cooking

### MIXED PICKLE

Three pounds green tomatoes, 6 lb. small onions, 2 or 3 cucumbers, 3 small cauliflowers, 1 small cabbage,  $\frac{1}{2}$  gallon vinegar,  $\frac{1}{2}$  lb. sugar, spices to taste, and brine to cover. Slice tomatoes, remove both ends of cucumbers, and cut in small pieces. Peel onions, shred cabbage, separate cauliflower into small flowerettes. Put all in large basin, cover with brine and leave till next day. Drain and rinse well with cold water. Dry. Then pack in jars or bottles, cover with vinegar boiled with spices and sugar. Cover and store. Ready in several weeks. A little golden syrup may be boiled with vinegar and spices.

### MUSHROOM KETCHUP

Gather mushrooms freshly in morning. Put in earthenware basin, sprinkle with salt. Leave overnight, or longer. Bring slowly to boil, simmer 30 to 40 minutes. Strain through muslin. Put liquid on again, boil another 30 to 35 minutes, having added seasoning of black peppercorns, a little cayenne pepper, cloves and a little mace. Strain all, and bottle when cold. Should keep about 2 years.

### MUSHROOM KETCHUP

Wipe fresh mushrooms, sprinkle with salt (not too much) and allow to stand in a large crock in a warm place for 24 hours, covered with a damp cloth. Then mash well and strain. To every quart of juice add 1 oz. peppercorns. Boil  $\frac{1}{2}$  hour. Then add 1 oz. allspice, 1 blade mace or a little powdered mace, and  $\frac{1}{2}$  oz. root ginger to each quart, and simmer for another 15 minutes. Remove from fire and let get cold. Then reboil for 15 minutes, and again cool. Reboil for 15 minutes longer, then strain, bottle and seal. This is a very old recipe, and the repeated boiling is a special feature—it makes the best ketchup. The boiling may be repeated as many as six times.

### MUSHROOMS—Pickled

Cook mushrooms in their own juice with a little sprinkling of salt, for half an hour. When nearly all the liquid has boiled away, cover them with vinegar; and add pepper and spice to taste. Bring to the boil for a few minutes, then pot and seal.

### MOTHER'S PICKLES

One cabbage cut up very fine, 1 white cauliflower, 1 large cucumber, 2 lb. tomatoes, 1 lb. onions, 1 small marrow, 1½ to 2 lb. scarlet runners, cut all very finely. Leave in china bowl all night with sprinkling of salt. Next day, sprinkle with 1 cup water. Now strain off brine, put vegetables in pan, cover with cold vinegar. Bring to boil. In separate saucepan heat one small tin golden syrup with ½ cup vinegar. Pour into hot vegetables. When cooked thicken with following:—Mixed spice, ground cloves, nutmeg, cinnamon and curry powder to taste, level tablespoon mustard, turmeric for colouring (about 1 oz.) and sufficient flour to make desired consistency. Mix with cold vinegar to a paste, and put into boiling mixture. Cook not more than 6 minutes more, and bottle when cool. Paste over with brown paper, and make airtight.

### SWEET MUSTARD PICKLE

Cut up a gallon of mixed vegetables—such as green tomatoes, cucumber, onion, and cauliflower. Put in earthenware jar, add a handful of salt to each layer and leave overnight. Next day drain off liquor, and wash vegetables with water. Put in pan 2 quarts vinegar, ½ lb. treacle or golden syrup, 2 lb. sugar, 1 oz. mustard, ½ oz. ground ginger, ¼ teaspoon cayenne. When boiling, add vegetables and boil 5 minutes, or longer. Thicken with cornflour and curry powder. Cover while hot.

### PICKLED NASTURTIUM SEEDS (Like Capers)

1. Spread seeds in sun for 2 or 3 days to dry. Put in jars, sprinkle with a little salt. Fill up jars with boiled, spiced vinegar, and seal when cold. Leave 2 months before using.
2. Put green seeds in salt and water for 2 days; then in cold fresh water for 1 day. Pack into jars, cover with boiling vinegar, seasoned with mace, peppercorns, and sugar. Cork.

### TO PICKLE WHITE ONIONS

Peel onions. Put into enamel dish, sprinkle with handful salt, cover well with milk. Leave overnight. Next day drain off liquid. Boil quantity of white vinegar required, and add. When cool, bottle and cork tightly. Ready after a few days.

## ONION PICKLE

Six pounds cooking apples, 4 lb. onions, 2 lb. sugar,  $\frac{1}{4}$  lb. salt, 1 small teaspoon pepper, pinch cayenne, 3 breakfast cups vinegar, 1 level dessertspoon mustard, 2 level tablespoons flour, 1 level dessertspoon curry. Peel and core apples, cut into quarters. Peel onions, slice fairly fine, boil onions in a little water first, until you can just cut with a knife. Strain, and add apples, sugar and vinegar, and boil until apples are a nice pulp. Be sure to use apples that pulp easily. Put pepper, salt, mustard, flour and curry powder in a basin, and mix to a smooth paste with a little vinegar. Stir into onions and apples and boil until the flour is cooked.

## PICKLED ONIONS IN CURRY SAUCE

Five pounds onions, 1 quart vinegar, 1 lb. brown sugar,  $\frac{1}{2}$  oz. ground cloves,  $\frac{1}{2}$  oz. allspice, 2 big tablespoons flour,  $\frac{1}{2}$  dessertspoon curry powder, 2 teaspoons turmeric. Cover onions with salt and water for 24 hours. Boil vinegar and sugar, then stir in ingredients which have been mixed with a little cold vinegar. Boil till it thickens. Dry onions, put in bottles, and fill jars with the sauce. Keep 3 weeks before using. They are very good and the curry sauce can be used as sauce for cold meats, etc.

## PICKLED ONIONS

1. Peel onions, steep in brine overnight; then drain and wipe dry. Put in boiling milk, remove from stove, and stand 5 minutes. Strain, and wipe dry while hot. Place in jars, cover with vinegar which has been boiled, add peppercorns and cloves. Seal.

2. Peel onions, place in jars. To each jar add 1 teaspoon sugar and 3 peppercorns (or spices desired). Fill jar with cold vinegar and cork. Ready in 2 weeks.

3. Peel and wipe 6 lb. onions. Put 2 quarts vinegar into saucepan with piece of salt the size of an egg (or less) and 1 lb. white sugar. Bring this to the boil. While boiling put in the onions. Stir carefully for 5 minutes. Bottle. No spices; onions stay nice and light.

4. Peel onions, wipe with clean dry cloth. Pack in jars. Put 1 teaspoon sugar and 1 teaspoon salt in each bottle. Pour over sufficient boiling vinegar. Paste down immediately.

5. Ten pounds onions, 2 lb. light brown sugar, 2 lb. golden syrup,  $\frac{1}{2}$  lb. salt, 3 pints vinegar, 1 oz. peppercorns, 1 oz. cloves, few small chillies. Peel onions, keep dry, sprinkle with salt and leave overnight. Next day wipe onions, boil vinegar with other ingredients, and when cold pour over onions.

6. Peel 6 lb. onions and throw into cold water. Stand for 1 or 2 hours, then dry separately. Sprinkle with 1 cup of salt, and cover with boiling water. Let stand 24 hours. Boil 1 quart vinegar. Mix  $\frac{1}{2}$  cup cornflour, 1 lb. sugar,  $\frac{1}{2}$  teaspoon mustard, 1 dessertspoon curry and 1 dessertspoon turmeric, to a smooth paste with cold vinegar, and add to boiling vinegar, stirring well. Add strained onions to mixture and boil for 4 minutes. Bottle.

### PICKLED ONIONS WITH HONEY

Mix well 1 quart vinegar and  $\frac{1}{2}$  lb. honey. Put onions in jars, pour over liquid. Ready in about 4 days.

### PICKLED PEACHES

One pint vinegar, 1 teaspoon cinnamon,  $1\frac{1}{2}$  cups sugar, few cloves. Boil for 10 minutes. Add the halved and stoned peaches. Boil till tender. Lift into hot jars, boil the syrup again, and pour over. Add a few cloves to each jar, and seal airtight. White vinegar may be used.

### PEACH AND TOMATO CHUTNEY

Four pounds peaches, 1 tablespoon salt, 2 lb. tomatoes,  $\frac{1}{2}$  teaspoon cayenne pepper, 2 lb. apples, 2 tablespoons peppercorns, 2 lb. onions, 1 teaspoon cloves, 2 lb. brown sugar, 1 large bottle vinegar. Tie peppercorns and cloves in small bag. Peel fruit and cut up small. Boil all together about 2 hours, or till well pulped. This is not a hot chutney, so more cayenne may be added to taste.

### PEACH AND PLUM CHUTNEY

Slice and stone 2 lb. peaches and 2 lb. plums. Have ripe but firm fruit. Put in layers in a dish, sprinkle each layer with a little pepper and salt, leave 24 hours. Drain, put fruit in pan with 4 cups vinegar,  $\frac{1}{2}$  lb. brown sugar, 3 oz. preserved ginger, 2 oz. cloves and  $\frac{1}{2}$  lb. onions cut finely. Boil slowly till the peaches are tender. Strain through sieve, fill small jars and make airtight.

### PEACH CHUTNEY

Cut up 6 lb. peaches and nearly cover with vinegar. Then add 3 lb. brown sugar, 2 tablespoons of salt (or as desired), 1 small teaspoon cayenne, 2 oz. garlic,  $\frac{1}{4}$  oz. whole ginger bruised and put in a muslin bag, and 2 lb. sultanas. Boil all to pulp.

### PEAR CHUTNEY

Four pounds soft cooking pears, 2 lb. soft cooking apples, 2 lb. tomatoes, 1 lb. preserved ginger, 5 cups brown sugar, 1 lb. figs,  $\frac{1}{2}$  lb. sultanas, 1 tablespoon salt,  $\frac{1}{4}$  oz. mustard or to taste, pinch cayenne, 6 large onions, vinegar. Cut all fruit fine, cover with sugar and stand all night. Then nearly cover with vinegar, boil all together till soft—about 1½ hours.

### PICCALILLI

Three pounds prepared marrow, 1 lb. cauliflower, 1 lb. french or runner beans,  $\frac{1}{2}$  lb. onions,  $\frac{1}{2}$  large or 1 small cucumber, 2 quarts vinegar, 1½ oz. mustard, 1 oz. flour, 6 oz. sugar, 1½ oz. ground ginger,  $\frac{1}{2}$  oz. turmeric. The quantities of these vegetables may be varied, but should have a total weight of 6 lbs. Cut the prepared vegetables into uniform pieces. Sprinkle well with salt and leave for 24 hours. Drain thoroughly. Mix a little vinegar with the spices and flour. Boil the vegetables in the rest of the vinegar and sugar about 20 minutes. Stir in the flour and spices and boil 3 minutes. Bottle and cover.

### SWEET PICCALILLI

Two pounds green tomatoes, 2 lb. onions, 2 lb. green beans, 1 medium cauliflower, 6 small cucumbers, 5 pints vinegar, 2 cups sugar, 1 cup flour, 4 tablespoons mustard, 1 tablespoon turmeric. Wipe vegetables, and cut up neatly. Cut up cauliflower stalks and put in, break cauliflower into little flowerettes. Put all in brine of 1 cup salt to 4 cups water, cover, and leave 48 hours. Bring to scalding point in brine. Strain carefully. Pour on 4 pints vinegar and bring to boil. Mix up sugar, mustard, flour, with the remaining pint of vinegar, and add. Cook 10 minutes more.

### PIE MELON CHUTNEY

Mince 5 lb. prepared melon, put in preserving pan with 1 pint vinegar, and a small handful of salt. Add 3 lb. sliced or minced onions and 2½ cups brown sugar. Bring to the boil. When boiling, add 1 tablespoon mixed spice, a few cloves, a dessert-spoon pepper, 1 large cup currants, 1 large cup sultanas, and 2 peeled and chopped apples. Boil for 3 hours. Before taking off, add mixture of 1 tablespoon flour, 1 tablespoon curry powder and turmeric mixed, and vinegar to moisten. Add to chutney, boil a few minutes longer. Bottle when cold.

### PIE MELON PICKLE

Cut 3 lb. pie melon into small pieces, cover with vinegar, leave till morning. Put on to boil with 2 small cups sugar, 2 lb. onions, 1 dessertspoon salt, 2 dessertspoons spice, a few cloves, 1 teaspoon cayenne pepper. Boil for 2 hours. Mix 1 tablespoon each of flour, mustard and turmeric, with a little vinegar, and add to mixture. Boil a little longer; bottle while hot.

### PLUM JAM CHUTNEY

Cook 1 lb. onions in vinegar. When soft, add 4 lb. plum jam, 1 teaspoon pepper, 1 lb. sugar, 1 tablespoon salt, ¼ lb. big seeded raisins cut up, grated rind of 1 lemon. Boil about 10 minutes. If too thick, add more vinegar.

### PLUM SAUCE

Six pounds dark plums, 3 pints vinegar, 2 lb. sugar, 1 teaspoon cayenne, 6 teaspoons salt, 2 teaspoons ground cloves, 2 teaspoons ground ginger, 1 teaspoon black or white pepper, 1 teaspoon ground mace, 1 oz. garlic. Boil all together till pulpy, then strain through colander. Bottle when cold. Should keep well.

### PLUM SAUCE (With Golden Syrup)

Eight pounds ripe plums, 3 pints vinegar, 4 dessertspoons ground ginger, 1 good teaspoon pepper, 4 dessertspoons ground cloves, 6 teaspoons salt, 1 tin golden syrup. Boil all up together, adding golden syrup when the rest is hot. Boil 3 to 4 hours, strain and bottle. Seal airtight.

### PLUM SAUCE FROM PLUM JAM

Put the jam into preserving pan, add vinegar to make of sauce consistency, add a little salt and the usual pickling spices, and boil for  $\frac{1}{4}$  hour. When cold, bottle.

### PLUM SAUCE

Four pounds plums,  $1\frac{1}{2}$  lb. sugar, 1 teaspoon ground cloves, 1 teaspoon ground ginger, 1 teaspoon salt, 1 teaspoon cayenne pepper, or to taste, 2 pints vinegar, 2 oz. garlic. Boil all for 2 hours. Skim off stones. Put through sieve, and bottle airtight.

### PLUM SAUCE

Six pounds red plums, 3 lb. sugar, 1 tablespoon salt, 3 pints good vinegar, 1 dessertspoon cayenne, or to taste, 3 large onions, 3 large cooking apples,  $\frac{1}{2}$  oz. allspice,  $\frac{1}{2}$  oz. cloves,  $\frac{1}{2}$  oz. bruised ginger. Boil all  $1\frac{1}{2}$  hours. Strain and bottle.

### PLUM SAUCE WITHOUT ONIONS

Six pounds plums, 3 pints vinegar, 3 lb. brown sugar, handful bruised ginger, 6 teaspoons salt, 1 teaspoon cayenne, or to taste, 1 oz. cloves. Grease the preserving pan, and boil all for 2 hours. Strain through colander, and bring back to the boil. Bottle.

### PLUM CHUTNEY

Six pounds plums, 3 lb. apples, 3 lb. onions, 2 lb. sugar,  $\frac{1}{4}$  lb. salt, 1 level teaspoon pepper, 1 level teaspoon mustard, 3 cups vinegar, a small piece garlic cut finely, 1 dessertspoon each whole allspice and pickling spices,  $\frac{1}{2}$  lb. each of dates and raisins and preserved ginger. Peel, core, and quarter apples, cut onions fine. Boil plums in vinegar, put through sieve. Add apples, onions, and other ingredients, stir well, and boil 2 hours. Have ginger chopped, and spices in a muslin bag. Remove before bottling.

### PICKLED PRUNES

One pound prunes,  $\frac{1}{2}$  lb. sugar, 6 cloves, a little cinnamon, 1 pint vinegar. Wash and soak prunes overnight. Boil sugar, spice and vinegar, add prunes. Boil gently till skin is just broken. Cover when cold.

### **PRUNE PICKLE**

Wash 2 lb. prunes, prick with fork, leave overnight soaking in water. Strain off water next morning, and put prunes into jars. Boil 1½ pints vinegar, 4 oz. sugar, 1 oz. chillies; allow to cool, and pour over prunes. Stand 1 week before using.

### **RED CABBAGE PICKLE**

Cut finely a fresh dry red cabbage. Sprinkle with salt and leave overnight. To every quart vinegar allow 1 oz. each of peppercorns, ginger and allspice, and 1 tablespoon sugar. Bring to boil. Strain cabbage, press into jars, pour hot vinegar over. Ready in a week.

### **QUICK CHUTNEY**

Three tablespoons plum jam, 1 tablespoon Worcester sauce, 1 tablespoon vinegar, salt to taste. Mix all together. Then ready for use.

### **QUINCE CHUTNEY**

Six large quinces, 1 lb. ripe tomatoes, 2 lb. apples, 4 large onions, 2 lb. brown sugar, 2 oz. salt, 1 oz. ground ginger, 6 chillies, ¼ teaspoon cayenne pepper, 1 teaspoon mustard, 1 teaspoon curry powder, ½ lb. seeded raisins. Peel and cut up all ingredients, mix and cover with vinegar—about 3 pints. Boil slowly 3 to 4 hours. Bottle while hot.

### **QUINCE PICKLE**

Peel and cut quinces (green are best, but not too green) into quarters, put into pan and nearly cover with vinegar, add 1¼ lb. sugar to every pint vinegar, a few cloves, peppercorns, and cayenne to taste. Boil until soft and good pink colour, then allow to cool, and bottle. Delicious.

### **RHUBARB CHUTNEY**

Two pounds of rhubarb, 2 finely-cut lemons, 2 lb. sugar, 1 oz. bruised whole ginger, 1 oz. salt, 1 oz. garlic, 1 lb. sultanas, 1 pint vinegar. Boil all together till thick and dark (remove ginger), and bottle.

### RHUBARB RELISH

Mix 2 cups chopped rhubarb with 2 cups sliced onion, 1 cup vinegar, 2 cups brown sugar,  $\frac{1}{2}$  tablespoon salt, cinnamon, ginger and cayenne to taste. Put into enamel saucepan, boil 20 to 30 minutes, or until jam consistency. Bottle and seal.

### SPICED RHUBARB

Three pounds rhubarb, 1 teaspoon ground cinnamon,  $\frac{1}{2}$  teaspoon ground cloves,  $\frac{1}{4}$  teaspoon nutmeg,  $\frac{1}{2}$  teaspoon allspice. Tie spices in bag, simmer with  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup water and 2 lb. sugar for 20 minutes. Remove spice bag, add rhubarb cut into inch lengths. Add 1 lb. seeded raisins. Simmer till quite thick, put in jars, seal when cool. Serve with hot or cold roast lamb.

### RED TOMATO CHUTNEY

Three onions, 14 oz. light brown sugar, 2 dozen large ripe tomatoes, 2 oz. preserved ginger chopped finely, 6 good-sized tart apples, 6 oz. raisins cut fine, 3 large lemons skinned and cut up, 3 oz. salt, or to taste, 1 oz. garlic,  $2\frac{1}{2}$  pints vinegar. Slice tomatoes, sprinkle with salt, leave all night to drain. Add apples, onion, grated rind of 1 lemon, and vinegar. Boil till tender, put through colander. Add remaining ingredients. Boil 3 or 4 hours.

### PICKLED SHALLOTS

Peel shallots. Leave overnight in brine of 2 quarts of boiling water and 1 small cup salt, and cooled. Next day, dry shallots with clean muslin, put into jars. Boil 2 quarts vinegar with 2 oz. pickling spices and 1 lb. honey (or 3 cups sugar) for 5 to 10 minutes. Pour over shallots in bottles.

### PICKLED SHALLOTS

Put peeled shallots in big basin, sprinkle with a little salt, leave overnight. Next morning, remove shallots, lay on cloth, and go over them—there is usually another skin to come off. Then place in jars—quarter fill jar, then put a few cloves and allspice. Repeat until jar is full, pour on cold vinegar. Put about 4 teaspoons sugar on top, and leave.

### PICKLED SHALLOTS

Peel, rinse, wipe thoroughly dry. Put in stone jar, sprinkle with 1 lb. salt to every 2 gallons shallots. Leave 3 days. Drain thoroughly. Boil 1 gallon vinegar, 1 lb. sugar, 3 oz. allspice, 1 lb. golden syrup. Boil well till vinegar is well flavoured. Allow to cool, pour over shallots. Cover with double thickness of cloth, and tie. Do not screw airtight. Leave at least one month.

### TOMATO SAUCE

Twelve pounds tomatoes, 2 lb. apples, 1 lb. onions,  $2\frac{1}{4}$  lb. golden syrup, 2 oz. salt, 2 oz. allspice,  $\frac{1}{4}$  oz. chillies, mace and cloves, 1 quart vinegar. Prepare all and boil 3 to 4 hours. Strain and bottle as usual.

### TOMATO SAUCE

Ten pounds very ripe tomatoes, 3 lb. onions,  $\frac{1}{4}$  lb. salt,  $1\frac{1}{2}$  lb. brown sugar,  $1\frac{1}{2}$  lb. white sugar, 2 oz. cloves, 2 oz. allspice, 2 oz. black peppercorns, 3 pints vinegar, 2 oz. crushed whole ginger,  $\frac{1}{4}$  oz. cayenne pepper, or to taste. Boil fruit and onions with spices for 2 hours, then put through colander. Return to pan, add the vinegar, which should be poured through the remains to extract any juice left. Boil slowly for 10 minutes. Bottle hot and seal at once. Should keep for years.

### TOMATO SAUCE

Eight pounds sliced tomatoes, 3 large onions sliced, 3 large cooking apples cored and cut up but not peeled, 3 oz. salt, 2 lb. light brown sugar,  $\frac{1}{2}$  oz. (bare) cayenne, 3 oz. whole spice,  $\frac{1}{2}$  oz. each of cloves and ground ginger, 1 quart vinegar. Put all the spices in a muslin bag. Boil all together for 3 hours. Then strain and boil again for 30 minutes. The second boiling is absolutely necessary. Cork or seal tightly.

### BRIGHT RED PURE TOMATO SAUCE

Twelve pounds ripe tomatoes, 3 oz. allspice, 3 lb. brown sugar,  $1\frac{1}{2}$  pints vinegar, 3 oz. salt. Wash and cut up tomatoes, tie spices in muslin. Put all in pan and boil 3 hours. Stir frequently. When cooked, put through colander and bottle. Cork when cold.

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Use HANSELL'S BAKING SODA in your cooking

### TOMATO SAUCE WITH HONEY

Eight pounds tomatoes, 2 lb. honey, 1 lb. large onions, 2 tablespoons salt, 1 teaspoon ground cloves, 1 teaspoon cayenne pepper. Cover with vinegar and boil for 3 hours. Should not ferment.

### TOMATO SAUCE WITHOUT VINEGAR

Ten pounds tomatoes, 1 lb. apples, 3 onions, juice 5 or 6 lemons,  $\frac{1}{4}$  lb. salt,  $\frac{3}{4}$  lb. white sugar,  $\frac{3}{4}$  oz. whole cloves, 1 oz. allspice. Cut tomatoes and apples in pieces without peeling. Peel onions and cut into cubes, and add other ingredients. Boil 2 hours. Rub through fine sieve. Put on stove and boil up again. Then put into sterilized bottles, and cork tightly.

### TOMATO RELISH

Six pound tomatoes, 2 large onions, 2 oz. bruised ginger or 1 oz. ground ginger, 1 cup treacle, 1 oz. cloves,  $\frac{1}{2}$  teaspoon cayenne, 1 quart vinegar, and an extra one-third cup vinegar. Scald, peel and slice tomatoes and onions. Put in layers in bowl. Sprinkle with salt, and leave overnight. Next day drain, add other ingredients, and cook 20 to 30 minutes. Let get cold before bottling.

### TOMATO RELISH

Two pounds tomatoes, 4 large onions, salt, 1 pint vinegar, 2 cups sugar, 1 tablespoon curry powder,  $1\frac{1}{2}$  teaspoons mustard, 20 small chillies, 2 tablespoons flour. Cut up onions and tomatoes in slices, sprinkle with salt, leave overnight. Drain next day, boil onions and tomatoes in vinegar for 10 minutes, add sugar and chillies then other ingredients mixed to a paste with a little cold vinegar, boil for  $1\frac{1}{2}$  hours. Bottle while hot.

### GREEN TOMATO CHUTNEY

Cut up 1 gallon green tomatoes, or put through large cutter on mincer. Put in a china dish, sprinkle with salt (about  $\frac{1}{2}$  lb.), and leave 24 hours. Wash well, put in pan with 3 large apples, cut up, 3 large onions, sliced, 3 pints vinegar, 2 tablespoons curry powder, 3 cups sugar, 2 tablespoons mustard, and the following spices tied in a bag; 1 teaspoon whole spice, 1 tablespoon cloves. 1 tablespoon whole pepper. Boil about 2 hours.

### **TOMATO CHUTNEY (With Honey)**

Four pounds of tomatoes, 2 lb. sultanas, 1 lb. dates, 2 large apples, 1 lb. honey,  $\frac{1}{2}$  teaspoon ground cloves, 1 tablespoon salt, 1 large onion, juice 2 lemons,  $\frac{1}{2}$  cup vinegar. Slice apples, onions and tomatoes. Put all on together, and boil 2 hours.

### **GREEN TOMATO CHUTNEY**

Three pounds green tomatoes, 2 small cucumbers, 4 large apples, 3 large onions, 6 oz. sultanas, 1 lb. brown sugar, 2 tablespoons mustard,  $1\frac{1}{2}$  teaspoons ground ginger,  $\frac{1}{2}$  level teaspoon cayenne, or to taste,  $1\frac{1}{2}$  tablespoons salt, little more than 1 pint vinegar. Peel, slice and cut all vegetables. Put all together in pan, and gradually bring to the boil. Simmer 2 or 3 hours. Stir often, seal in jars.

### **GREEN TOMATO MUSTARD PICKLE**

Four cups each of cut-up green tomatoes, cucumbers and small onions, and 1 large cauliflower broken into sprigs. Put all in usual brine and let stand 24 hours. Then heat through and strain. Mix together 1 cup flour, 4 to 6 tablespoons mustard to taste,  $1\frac{1}{2}$  tablespoons turmeric,  $\frac{1}{2}$  teaspoon cayenne, sufficient vinegar to make a smooth paste. Add a cup or more of sugar and mix with sufficient spiced vinegar to make 2 quarts altogether. Boil till this thickens, add the strained vegetables, and heat thoroughly. Bottle and cork tightly.

### **GREEN TOMATO PICCALILLI**

Six pounds green tomatoes, 2 quarts vinegar, 1 lb. treacle, 1 tablespoon salt, 2 tablespoons curry powder, 2 tablespoons mustard, or to taste, 5 large onions, sliced. Boil all together till soft, then thicken with 5 tablespoons flour mixed smooth with vinegar. Boil 20 minutes more.

### **GREEN TOMATO PICKLE**

One quart vinegar, 6 lb. green tomatoes, 3 lb. onions,  $\frac{1}{2}$  pint golden syrup, 2 tablespoons curry powder, 1 teaspoon spice, 1 teaspoon cayenne pepper, 2 tablespoons salt. Cut up tomatoes, sprinkle with salt, stand 6 hours. Strain, cover with vinegar, bring to the boil. Add cut up onions, and all spices and syrup. Simmer one hour and thicken with flour. Bottle hot.

### GREEN TOMATO RELISH

Six pounds green tomatoes, 3 lb. apples, 2 quarts vinegar, 3 tablespoons curry powder (or to taste), 3 lb. onions, 3 lb. sugar, 2 teaspoons white pepper, 4 heaped teaspoons flour, 2 heaped teaspoons dry mustard, 2 dessertspoons salt. Slice tomatoes, apples and onions. Sprinkle with salt, and let stand overnight. Strain. Then boil for  $\frac{1}{2}$  hour with vinegar. When soft, mix other ingredients with little vinegar, pour in and boil till it thickens.

### TREE TOMATO SAUCE

Eight pounds tree tomatoes, 2 large onions, 2 lb. apples, 2 lb. brown sugar,  $\frac{1}{4}$  lb. salt, 2 oz. black pepper, 1 oz. allspice,  $\frac{1}{2}$  oz. cayenne, 2 quarts vinegar, 1 oz. cloves. Boil all for 4 hours and strain.

### TREE TOMATO CHUTNEY

About 3 lb. tree tomatoes, skinned and cut up with 1 lb. of onions, and  $1\frac{1}{2}$  lb. apples, a pint of vinegar,  $2\frac{1}{2}$  lb. brown sugar, half a packet of mixed spice, a tablespoon of salt, and a scant half-teaspoon cayenne. This should not need more than an hour's boiling. Will make about  $5\frac{1}{2}$  lb. The only chutney which is better with onions than with garlic.

### TREE TOMATO CHUTNEY

Two dozen tree tomatoes, 2 lb. onions, 2 dessertspoons salt,  $\frac{1}{2}$  teaspoon cayenne,  $\frac{1}{2}$  lb. raisins, 1 lb. green apples, 2 lb. brown sugar, 2-4 teaspoons pickling spices (chillies, peppercorns, cloves, spice), 1 pint vinegar. Scald and skin the tree tomatoes. Cut up and put into a saucepan. Add the apples, cored and pared, and chopped onions, cut small and all the other ingredients. Tie the spices in a piece of muslin. Bring the fruit to the boil and cook gently, stirring occasionally to prevent sticking until the fruit is quite soft, rich brown, and the mixture quite thickened. This usually takes  $1\frac{1}{2}$  to 2 hours. Pour into sterilized jars and cover.

### UNCOOKED CHUTNEY

Two pounds dark plum jam, 1 large bottle mustard pickle,  $\frac{1}{4}$  lb. raisins. Strain liquor from pickles into the jam. Put raisins and pickles through mincer. Mix with jam, adding more vinegar if necessary. Bottle.

### VINEGAR FROM PICKLED ONIONS

1. *To make Worcester Sauce:* Three pints used pickled onion vinegar, 3 grated nutmegs,  $\frac{1}{4}$  stick liquorice, 1 teaspoon cayenne, 2 cups treacle, 2 teaspoons curry powder, and salt. Boil all half an hour.

2. *To make Chutney:* Cook onion vinegar with equal quantities of dates, figs, and raisins. After 20 minutes, press through sieve, and seal in jars. Nice with cold meat or ham.

3. *To Pickle Beet:* Cook beetroot, skin and slice. Then just put into bottles containing the onion vinegar, and cork. Add 3 teaspoons sugar to each 2 lb. jar of vinegar.

### VINEGAR (Spiced)

One quart vinegar,  $\frac{1}{4}$  oz. cinnamon,  $\frac{1}{4}$  oz. whole cloves,  $\frac{1}{4}$  oz. mace,  $\frac{1}{4}$  oz. root ginger, 3 or 4 peppercorns, a pinch of cayenne pepper. Heat vinegar in covered pan. When it boils, add the spices in a small muslin bag. Cool, then remove spice bag. Cold vinegar is best for crisp pickles such as onions and cabbage. Hot vinegar should be used for softer pickles, such as walnuts, plums, beetroot or mushrooms.

### SWEET PICKLED WALNUTS

Gather walnuts early in December—prick well with a fork. Put into jar and cover with water. Change water every day for a week. Strain and put into boiling water and boil till tender, with 1 tablespoon cloves, 1 tablespoon allspice, and a piece of stick cinnamon (or  $\frac{1}{2}$  teaspoon powdered cinnamon) to every quart of water. Pour off water and spices. Boil enough vinegar and sugar together—1 lb. sugar to every pint of vinegar—and add to nuts. Let stand 1 week. Strain off vinegar, bring to the boil. Put nuts into bottles, pour boiling vinegar over, and screw down.

### WHITE CABBAGE PICKLE

Cut finely 1 large white cabbage and 4 large onions, sprinkle with salt and let stand 24 hours. Drain off water and boil slowly for  $\frac{1}{4}$  hour in 1 quart vinegar. Mix 1 cup flour, 1 cup sugar, 1 pint vinegar. Add to vegetables and boil 10 minutes. Put in jars, cover when cold.

### PICKLED GREEN WALNUTS

Prick the freshly-picked walnuts all over—about 100. Place in brine of 6 oz. salt to 2 quarts cold water. Change brine every three days and keep stirring them about. This takes about 9 days. Take walnuts out, drain them, expose to the sun till they go black. Boil up 2 oz. black pepper, 3 oz. ginger, 3 oz. cloves, 2 oz. mustard seed in 2 quarts vinegar for about 10 minutes. Strain this, and pour over walnuts in glass bottles. Pick walnuts early in the season.

### WORCESTERSHIRE SAUCE

One gallon vinegar, 3 lb. apples (pulpy), 2 lb. brown sugar, 6 cloves of garlic, 2 tablespoons cayenne pepper, 2 tablespoons ground ginger, 4 tablespoons salt, 2 tablespoons cloves, peel of 1 orange grated fine. Boil 2 hours. Strain and bottle. This is a good sauce and keeps well and can be recommended.

### SIMPLE WORCESTER SAUCE

One quart vinegar,  $\frac{1}{2}$  cup treacle,  $\frac{3}{4}$  cup dark plum jam, about  $\frac{1}{4}$  oz. cloves,  $\frac{1}{4}$  oz. allspice, 1 good-sized cut-up onion, a little cayenne pepper, 1 dessertspoon salt, or to taste. Boil all together about 1 hour, strain and bottle.

## PRESERVING

Two main points are essential in successful preserving,—(1) sufficient processing or cooking at sufficiently high temperature to kill all bacteria, moulds, and yeasts; and (2) complete sealing so that no air can get into the jars afterwards. If fruits go mouldy, or ferment, while the seal still appears to be air-tight, it must be because the fruit was too ripe when preserved, or not sufficiently cooked, or the jars or lids were not properly sterilized. If using the open-pan (or stewing method), each jar must be taken ONE AT A TIME from hot oven, or hot water, filled right to the top, and sealed IMMEDIATELY, before any air has time to get in. Run a hot knife round the inside of the filled jar very quickly to make sure no air-bubbles have been trapped among the fruit. Store jars in a cool, dry, dark place.

Enzymes are the substances in all fresh fruit and vegetables which cause normal ripening. If the ripening process is not checked, it will go on until decay sets in. Extreme heat will check the growth of enzymes, as in preserving; or extreme cold as in deep freezing.

Fermentation sometimes occurs in jars of preserved fruits. The seal may not be perfect or air-bubbles may have been trapped among the fruit when filling the jars, or air may have got inside in some other way. Or the jars may have been stored in too warm a place. Fermentation causes a gas to be produced which forces loose the seal on the jars.

ACID FOODS are FRUITS, including tomatoes and rhubarb. They are processed safely at Boiling Point.

NON-ACID FOODS are vegetables, meat and fish. These must be processed at a higher temperature than Boiling Point, and should be done in a Pressure Canner by applying 10 to 15 lbs. of steam pressure. If non-acid foods are processed in a water-bath, they need 3 to 4 hours at boiling point, and even then should be boiled for 10 to 15 minutes before using or even tasting.

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Use HANSELL'S PRODUCTS whenever possible

Detailed and precise instructions for safe preserving of non-acid as well as acid foods may be obtained from the Home Science Department of the Otago University. Don't use salicylic acid or other chemical preparations in bottling.

Preserve only good fruit just ripe. Damaged or bruised fruit can be cut and the good parts used for PULPING.

### THE STEWING METHOD

This is easy, and safe for fruits and tomatoes ONLY. Make a syrup using 2 cups water to each cup sugar,—or less sugar as desired. Put the sugar and water on to boil, and stir, over low heat, until sugar is dissolved. Then boil 5 minutes. Prepare the fruit,—whole, halved, or sliced. Drop fruit into boiling syrup and cook gently till soft but not mushy. Have jars hot and sterilized. Have a board ready beside the boiling pan of fruit, and put one hot jar at a time on the board; fill QUICKLY with fruit, using a perforated spoon (also hot and sterilized), cover with syrup right up to overflowing and seal IMMEDIATELY, following the directions given with the type of Seal, whether Perfit Seal, Porosan, or zinc screw tops and rubber bands. Stand out of draught and test after 24 hours according to directions given with the seal. The pan of fruit must be kept boiling gently all the time you are bottling. Store in dry, cool, dark place. The jars may be wrapped round with brown paper to keep dark.

### COLD WATER BATH METHOD (For acid foods only) Excellent

This is very easy and safe. Pack the prepared fruit into clean jars. Cover up to neck of jar with syrup, (or water, but the syrup gives the fruit a much better flavour). Cover with whatever type of seal you are using, according to the directions. Place the jars on a rack (or folded cloths) in a deep pan and completely cover with cold water. Bring slowly to simmering point taking  $1\frac{1}{2}$  hours to do this. It is this slow heating which results in all bacteria, moulds and yeasts being killed throughout the whole of the contents of each jar; also it keeps the fruit a good colour and shape. Maintain the boiling for 10 to 15 minutes for most fruits, but 30 minutes for pears and tomatoes. Lift out of water bath and cool on a wooden surface, out of draughts.

## HOT WATER-BATH METHOD (For acid foods only).

The water-bath must always be deep enough for the water to cover the top of the jars with an inch to spare. A lid is necessary—can be improvised if you are using a cut-down kerosene tin. A wooden rack or folded cloths or paper must be put in for the glass jars to stand on. Use hot jars, pack in the fruit, cover with hot syrup or water, leaving a  $\frac{1}{2}$  inch space at top. Seal the jars according to directions given with the type of jar. Have the water-bath nearly boiling and lower in the hot filled jars carefully. Don't let them touch one another. Bring to the boil and continue boiling for the length of time given in the time table. Remove the jars from the water-bath, and stand on a board or folded cloth, and NOT in a draught. Do not leave the jars to cool in the water-bath.

## THE OVEN METHOD

Only fruits and tomatoes may be preserved in the oven. Many people object to this method because jars have been known to burst. Perfit Seals cannot be used with an oven. The safest way is to have hot sterilized jars, fill with the prepared fruit, (whole or halved or sliced), put in very little liquid, and in the case of strawberries and raspberries no liquid at all is necessary; cover loosely with a patty pan or saucer or something similar; have the oven at  $250^{\circ}$  or Regulo 1, and leave for  $\frac{3}{4}$  hour to 1 hour until the fruit shrinks and is partly cooked. Tomatoes and pears generally need  $\frac{1}{2}$  hour longer. If the fruit has shrunk very much, (as berries and rhubarb do) you can fill up the jars from 1 or 2 of the others, but return them to the oven again for a few minutes. Have ready a saucepan of boiling syrup (or kettle of boiling water), take out one jar at a time, fill quite full with the boiling syrup and seal IMMEDIATELY. Stand on wooden surface out of draught. This method is popular because you can process a few pounds of fruit at any time without any trouble. Especially good for tomatoes and berries.

## PULPING FRUIT (No Sugar)

This is an excellent way of preserving fruit ready for making into jam, or sauce, or for use in pies and tarts later on. By pulping it is preserved until you need it, and you can make up a

little at a time, as sugar is available. Simply boil the fruit till soft and pulpy, using only enough water to prevent the fruit from burning. Soft berry fruit and tomatoes should be crushed against the sides of the pan to draw sufficient juice to commence cooking, and no water will be needed at all. Harder fruits will need a little water, according to the kind. When all is pulpy, have ready hot sterilized jars and take one at a time to fill to overflowing with the BOILING pulp, sealing each one IMMEDIATELY, before any air can get in. When making into jam, bring pulp to boil, add cup for cup of sugar, stir till dissolved, and boil fast till the jam will set when tested. Less perfect, or even bruised fruit can be used for pulping, provided it is not over-ripe, and the bruised or damaged parts all cut away.

### PRESERVED APPLE PULP

Cut up the apples, skins and cores as well, barely cover with water, and boil to a pulp. Put through a sieve, and return to the pan. Boil for a few minutes more (a little sugar or honey may be added if liked) and then pour into hot sterilized jars, overflow, and screw each down immediately. Use new sterilized jars.

### PRESERVING NON-ACID FOODS

(Vegetables, meat, fish)

Vegetables are safest if preserved by pressure-cooking. Directions for this may be obtained from the Home Science Department of the Otago University. The makers of Pressure Cookers and Pressure Saucepans also often supply their own instructions for preserving. Non-acid foods, if not preserved under pressure, can only be done safely in a water bath. Even then, they should be boiled for 15 minutes before using or even tasting.

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### BLANCHING

All vegetables should first be blanched,—to clean the surface properly, to make them flexible so that they pack better, to reduce the loss of vitamin C, and help the heat to penetrate better during the processing. The easiest way is to put the peas (or other vegetables) into a piece of butter muslin, plunge into boiling water for 3 to 5 minutes (see timetable), then into cold water for a minute to make them easy to handle. Vegetables need a little salt—one teaspoon to a quart jar. A little sugar and vinegar may also be added to peas, beans, beetroot, corn and tomatoes.

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Use HANSELL'S TARTARIC ACID in your cooking

**PRE-COOK OR PAR-BOIL**

This is to make the fruit or vegetables partially tender. It helps to shorten the processing time and is suitable for some but not all. You may pre-cook in syrup or in water.

**TIMETABLE** for acid foods. (From Home Science Department Otago University).

Count the time from when the water-bath is actually boiling again, after the jars are put in. Don't put hot jars into a cold water-bath.

No matter how carefully the food may have been selected and prepared, if it is not processed long enough it will spoil later.

The times given are approximate and for guidance. If fruit is less than ripe the time may need to be a little longer. When bubbles of steam form in the jars, processing is complete.

**FRUITS**

| PRODUCT                | PREPARATION  | Time in water-bath after it returns to boil |
|------------------------|--|---|
| Apples                 | Wash, pare, core, drop in slightly salted water. Remove from water.<br>Boil and pack in hot juice or syrup.              | 15 minutes                                  |
| Apricots or Nectarines | (a) Wash, halve, and pit. Precook and pack hot.<br>(b) Pack raw, cover with syrup.                                       | 15 minutes<br>25 minutes                    |
| Bananas                | Peel just before packing. Cut in thick slices. Pack in jars, sprinkling with a little lemon juice, cover with hot syrup. | 30 minutes                                  |
| Berries                | (a) Wash, stem. Precook and pack hot.<br>(b) Pack raw, cover with hot syrup.   | 5 minutes<br>20 minutes                     |
| Cherries               | (a) Wash, stem. Precook and pack hot.<br>(b) Pack raw, cover with hot syrup.   | 5 minutes<br>25 minutes                     |
| Fruit Salad            | Prepare fruit as usual for salad. Arrange in layers. Include bananas and lemon juice if desired. Cover with hot syrup.   | 25 minutes                                  |

Use HANSELL'S BAKING SODA in your cooking

Children love the nutty flavour of VI-MAX

| PRODUCT      | PREPARATION  | Time in water-bath after it returns to boil |
|--------------|--|---|
| Gooseberries | (a) Wash, stem. Precook and pack hot.  | 5 minutes                                   |
|              | (b) Pack raw, cover with hot syrup.  | 20 minutes                                  |
| Oranges      | Prepare segments free from membrane, and add a minimum of hot syrup.   | 20 minutes                                  |
| Passionfruit | Fill jar with pulp and seeds, heated nearly to boiling point. No syrup need be added.  | 5 minutes                                   |
| Peaches      | (a) Dip in boiling water. Peel, remove pit. Precook and pack hot.  | 15 minutes                                  |
|              | (b) Pack raw, cover with hot syrup.  | 30 minutes                                  |
| Pears        | (a) Select pears not over-ripe. Pare, halve. Dip in slightly salted water. Remove from water. Precook and pack hot.                                  | 15 minutes                                  |
|              | (b) Pack raw, cover with hot syrup.  | 35 minutes                                  |
| Plums        | (a) Wash, remove stem. Prick skin, precook and pack hot.   | 5 minutes                                   |
|              | (b) Pack raw, cover with hot syrup.  | 20 minutes                                  |
| Rhubarb      | (a) Wash, cut in 1 inch pieces. Precook and pack hot.  | 5 minutes                                   |
|              | (b) Pack raw, cover with hot syrup.  | 30 minutes                                  |
| Tomatoes     | (a) Remove skins by dipping in boiling water, then cold water. Pack raw, add 1 teaspoon salt per quart jar and cover with hot water or tomato juice. | 45 minutes                                  |
|              | (b) Cut in halves or quarters (leaving skin on). Pack firmly into jars, add 1 teaspoon salt per quart jar, but no liquid.                            | 45 minutes                                  |
| Tomato Juice | Irregular or undersized tomatoes may be used. Cook till soft, put through sieve. Bring to boil. Pack hot.  | 5 minutes                                   |

Use HANSELL'S FOOD COLOURINGS in your cooking

**VEGETABLES**

**TIMETABLE** for vegetables. (From Home Science Department Otago University).

Vegetables need a little salt—1 teaspoon to a quart jar. A little sugar and vinegar may also be added to peas, beans, beetroot, corn and tomatoes.

| PRODUCT   | PREPARATION  | Blanching Time | Time in water-bath after it returns to boil |
|---|--|----------------|---|
| Asparagus   | Wash, remove hard ends.  | 3 minutes      | 3 hours                                     |
| Beans,<br>French<br>Butter or<br>Scarlet<br>Runners | Wash, string if necessary, slice lengthwise or across, or leave in lengths to fit jars.  | 3 minutes      | 3 hours                                     |
| Beans Broad   | Shell.   | 3 minutes      | 3 hours                                     |
| Beetroot  | Wash. If small and young, leave on roots and stem, blanch 15 minutes, remove skin and pack whole. Older beetroot may be peeled before cooking, cut in dice and steam-blanch 5 minutes. | 15 minutes     | 2 hours                                     |
| Carrots   | Wash, peel, cut in rounds or strips.   | 5 minutes      | 2 hours                                     |
| Cauliflower   | Remove outside leaves, wash, break into pieces suitable for packing.   | 5 minutes      | 2 hours                                     |
| Celery or<br>Silver Beet<br>Stalks                  | Wash well. Cut in $1\frac{1}{2}$ inch pieces or leave in length to fit jar.  | 4 minutes      | $2\frac{1}{2}$ hours                        |
| Corn on<br>Cob                                      | Remove husks.  | 3 minutes      | 3 hours                                     |
| Corn  | Remove husks. Cut from cob. Pack loosely after blanching.  | 3 to 5 minutes | $3\frac{1}{2}$ hours                        |

Use HANSELL'S MERINGUE WHIP in your cooking

| PRODUCT                  | PREPARATION   | Blanching Time | Time in water-bath after it returns to boil |
|--------------------------|---|----------------|---|
| Greens<br>(Spinach etc.) | Wash thoroughly. Steam blanch till wilted. Pack loosely.        | 3-5 minutes    | 3½ hours                                    |
| Mushrooms                | Clean, wash, cut large ones, remove coarse stems. Pack loosely. | till wilted    | 3 hours                                     |
| Parsnips or Turnips      | Wash, peel, cut as desired.                                     | 3 minutes      | 3 hours                                     |
| Peas                     | Shell. Use only fresh peas. Pack loosely.                       | 5 minutes      | 3 hours                                     |

N.B.—As a precaution all non-acid foods processed at boiling temperatures should be boiled 15 minutes before using or even tasting.

### PRESERVING BEANS BY SALT AND SUGAR METHOD

To  $2\frac{1}{2}$  lb. beans allow 1 lb. salt and  $\frac{1}{2}$  lb. sugar. Cut beans as for the table, put in bowl. Mix sugar and salt well, sprinkle over and through beans, and leave overnight. Next day pack into jars, cover with the brine which formed. Keep in a cool place. Don't screw airtight. Wash and cook as usual.

### PRESERVING BEANS BY THE SALT METHOD (Otago Home Science Department)

Four pounds of beans, 1 lb. salt. The beans—French or Runner—should be fresh and tender. Wash, dry and remove the strings. French beans can be left whole, but Runner beans should be sliced. Place in layers in an earthenware crock or jar, having the bean layers about an inch thick, separated by proportionate amounts of salt. When the crock is full, cover with a plate slightly smaller than the mouth of the crock. On this place a fairly heavy weight (2-4 lb.), depending on the amount of beans to be pressed. The pressure of the weight and the action of the salt causes extraction of water from the beans, forming a brine which

should cover the beans after about 12 hours' pressure. If enough has not been formed, add a brine made from 1 lb. salt to 2 quarts of water. It is advisable to stand the weight (if it's an iron one), in a bowl or small jar to protect it from the brine as it comes over the plate. Fresh beans from the garden can be prepared and salted down as they ripen, taking care to keep the bean and salt layers in the correct proportion—never less salt than given above. Each addition can be gently pressed for a few hours after packing. When the jar is full and the brine has formed, cover the crock to protect it from dust, and store it in a cool, dark place. Use as required, covering the jar each time.

### PRESERVED PASSIONFRUIT

Allow  $\frac{3}{4}$  cup sugar to each cup passionfruit pulp. Put away for 24 hours together, stirring frequently to see that the sugar has all dissolved, and to get out air bubbles. Cork down. Use small jars.

### PRESERVED PASSIONFRUIT (Otago)

One cup passionfruit pulp, 1 cup sugar or honey. Bring to boiling point. Bottle in sterilized bottles and cork. Cool a little and dip in wax. Less sugar may be used, in which case the pulp and sugar should be boiled 1-2 minutes, then filled into sterilized bottles.

### GRAPE JUICE (Otago)

One cup grapes (6 oz.), 1 cup sugar, boiling water. Thoroughly clean a quart jar (preferably a glass top). Wash the grapes, put into the jar and add the sugar. Fill the jar with boiling water and close tightly. No processing. The juice is ready for use in 6 weeks.

### BLACK Currant JUICE BERRY JUICE—OR JUICE OF ANY SOFT FRUIT

Crush fruits and allow to stand a little. Add a very little water, place on warm part of stove to make juices flow. Remove and strain through cloth. Bring to the boil, add  $\frac{1}{4}$  lb. sugar to each pint of juice. Boil 5 minutes steadily, strain through muslin. Pour into sterilized bottles while boiling hot and put 1 teaspoon olive oil on top of each bottle. Put in corks tightly. To use, soak up oil with cotton wool.

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Use HANSELL'S JELLY CRYSTALS for best results



IT'S absolutely amazing the difference these new style essences will make to your cooking. Bake a cake with "Fla-Va-Tru" and listen to the family enthuse over its deliciously different flavour. Use them in desserts, hot or cold—you'll find "Nuttie Cream" super in junket, "Honey Dew" wonderful in steamed puddings. If the children are troublesome about drinking their milk, add a few drops of "Fruti Tutti" and you'll have no more worries on that score. When cooking corned beef, add a teaspoonful of "Smoky Joe" to the water and taste that "Old English Spiced Beef Ham" flavour. For scones, for cakes, for all baking, for icings and fillings, home milk shakes and ice cream, these new essences give an old recipe new flavour.

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In 1 oz., 2 oz., 4 oz., and 16 oz., bottles.

FROM ALL STORES

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## **TO PRESERVE LEMON JUICE**

Strain pure uncooked juice into small sterilized bottles, nearly filling them. Fill remaining space with olive oil, which excludes the air. Cork. Keep in cool place. When needed drain off oil with cotton wool.

# MUSHROOMS PRESERVED

If possible, cook on day they are picked—in any case, not later than the following day. Peel, and place in layers in pot or preserving pan. Sprinkle each layer lightly with salt. When juice flows, put over gentle heat, stirring occasionally with wooden spoon. When sufficient juice is there, increase heat, and boil till cooked. Turn into basin, and when cool pack firmly into jars, fill with their own juice to within  $\frac{1}{2}$  inch of the top. Seal. Put in water bath and sterilize at boiling point for 2 hours. Take out, and store. If there is more juice than is needed for jars, add mace, peppercorns, salt and ginger to taste, boil  $\frac{1}{2}$  hour, and thus make ketchup.

**Use HANSELL'S FLAVOURED SYRUP for milk shakes**

## SAUCES (SWEET)

### BANANA SAUCE (No. 1)

One third cup butter, creamed. Then add 1 cup icing sugar gradually, 1 mashed banana, 1 egg white well beaten, little lemon juice. Beat all well together.

### BANANA SAUCE (No. 2)

Half a pint of water—put in saucepan with thinly peeled rind of a lemon. Bring slowly to the boil. Peel and slice a big banana. Sprinkle with a little sugar, and the juice of a lemon. Stand aside for 20 minutes. When the water boils, thicken with cornflour, add a little knob of butter, and stir till it boils. Cook about 3 minutes. Add the bananas, serve with pudding.

### BROWN SUGAR HARD SAUCE

Cream a scant half cup of butter, add gradually a cup of brown sugar, and a teaspoon vanilla. Then add, spoonful at a time, 4 tablespoons rich milk, or unsweetened condensed milk. Curdles if too much put in at once.

### BUTTERSCOTCH SAUCE

Half cup of white sugar,  $\frac{1}{2}$  cup brown sugar, 2 tablespoons corn syrup (or golden syrup), (or maple syrup),  $\frac{1}{4}$  cup hot water,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  teaspoon vanilla,  $1\frac{1}{2}$  tablespoons butter. Cook together the white and brown sugar, the syrup and the cold water until a little dropped in cold water becomes quite brittle. Take from the fire, and beat in the butter, the hot water, and the vanilla. Serve hot.

### BUTTERSCOTCH SAUCE (With condensed milk)

Boil together  $\frac{3}{4}$  cup brown sugar, 2 tablespoons corn syrup (or golden syrup), a scant  $\frac{1}{2}$  cup boiling water, and a good pinch salt, till a little tried in cold water is brittle. Take from fire, beat in  $1\frac{1}{2}$  tablespoons butter, and sufficient unsweetened condensed milk to make right consistency—about 2 tablespoons.

## COFFEE CUSTARD SAUCE

Half cup of sugar,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon cornflour, 1 cup cold coffee,  $\frac{1}{2}$  teaspoon vanilla, 1 egg white well beaten. Mix sugar, salt and cornflour, stir in coffee gradually. Stir over low heat until mixture thickens slightly, and boils. Cool to luke-warm, add vanilla, and fold into beaten egg white. Serve with hot gingerbread or cottage pudding, or even stale cake.

## CORN SYRUP

A fairly good substitute for the American Corn Syrup is:

1. Golden syrup warmed with a little water and a little lemon juice.
2. One-third honey,  $\frac{1}{3}$  golden syrup,  $\frac{1}{3}$  water or lemon juice.

## CHOCOLATE SAUCE (Hot)

Four tablespoons unsweetened chocolate,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{4}$  cup boiling water,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  teaspoon vanilla. Dissolve the chocolate in a basin over a pan of hot water. Boil the sugar and cold water together for 5 minutes, and let cool. When cool, stir in the melted chocolate, add the vanilla. Keep hot in double boiler, or basin over hot water, until ready to serve. At the last minute add the  $\frac{1}{4}$  cup boiling water.

## CUSTARD SAUCE

Scald  $1\frac{3}{4}$  cups milk. Beat up 3 egg yolks, add a tablespoon sugar, a tablespoon cornflour, a pinch of salt. Stir in  $\frac{1}{4}$  cup milk, then pour this mixture into the scalded milk, stirring well, and cook till it will coat the back of a spoon. Take off fire, add vanilla, or desired flavouring. Serve hot or cold.

## THIN BOILED CUSTARD

Half pint of milk, 1 egg,  $1\frac{1}{2}$  tablespoons sugar, pinch salt,  $\frac{1}{4}$  teaspoon flavouring. Scald milk. Beat egg and sugar, pour the milk on to this, and return to double boiler, stirring until it coats a spoon. Cool, add salt and flavouring, and strain if necessary. A half teaspoon of best cornflour beaten with the egg and sugar keeps it extra smooth.

### FOUNDATION DESSERT SAUCE (American)

One tablespoon cornflour,  $\frac{1}{2}$  cup sugar, pinch salt, 1 egg, 2 tablespoons butter, 2 teaspoons vanilla, 1 cup hot water. Mix cornflour, sugar and salt. Gradually add the hot water, cook until thick, stirring constantly. Add the beaten egg yolk, and cook a minute or two. Then add butter and vanilla. Cool a little, and fold in the beaten egg white.

*LEMON SAUCE*:—Omit the vanilla, add 2 tablespoons lemon juice, and 1 teaspoon grated rind.

*NUTMEG SAUCE*:—Add a teaspoon grated nutmeg.

*CHOCOLATE SAUCE*:—Add  $\frac{1}{2}$  oz. unsweetened chocolate, or a dessertspoon cocoa, blended with the cornflour and sugar.

### FUDGE SAUCE

Half a cup of cocoa, 2 tablespoons butter, 1 cup water, 2 cups sugar, 2 teaspoons vanilla, little salt. Mix cocoa and water, and cook till smooth and thick. Add sugar and salt, and stir till dissolved. Cook for 5 minutes, add the butter and vanilla, and serve at once.

### HOT FUDGE SAUCE

Pour over cake, or serve with ice cream, like a sundae. Boil 1 cup sugar, and  $1\frac{1}{2}$  cups water for 2 minutes. Add  $1\frac{1}{2}$  tablespoons cornflour and a pinch of salt dissolved in a little water. Boil until clear and smooth—about 3 minutes. Then add  $\frac{1}{4}$  cup cocoa dissolved in water. Cook for 3 minutes. Take off, and add 1 teaspoon vanilla.

### FUDGE SAUCE (To serve with Ice Cream)

Melt 2 oz. chocolate in saucepan over hot water, add 1 oz. butter, gradually stir in 2 teacups boiling water. Bring to boil, add sugar and vanilla or peppermint essence, and simmer gently for 10 minutes. Strain through sieve.

### FRUIT SAUCE

One cup fruit juice and pulp,  $\frac{1}{2}$  teaspoon lemon juice,  $\frac{1}{2}$  tablespoon cornflour,  $\frac{1}{4}$  to  $\frac{1}{2}$  cup sugar, as needed, pinch salt, sprinkle of nutmeg. Mix fruit juices and bring to boiling point. Mix cornflour with a little cold water, and add to hot mixture. Sweeten to taste, add nutmeg and bring to the boil. Stirring all the time. Serve hot.

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Use HANSELL'S CREAM OF TARTAR in your cooking

### HARD SAUCE (Foundation recipe)

Half a cup butter, 2 cups castor sugar, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon lemon juice or essence, 1 tablespoon hot water. Cream the butter, add the sugar gradually, beating until fluffy. Add the flavouring, and pile in the sauce dish.

*MOLASSES HARD SAUCE*:—Add 2 or 3 tablespoons of molasses to Hard Sauce, and work in smoothly. Black treacle could be used.

*SPICED HARD SAUCE*:—Add to the Foundation Hard Sauce  $\frac{1}{2}$  teaspoon each cinnamon, nutmeg, ginger and cloves.

*MARMALADE HARD SAUCE*:—Add to the Hard Sauce, while beating, 3 tablespoons marmalade.

*GINGER HARD SAUCE*:—Add to Hard Sauce 4 tablespoons Ginger Snaps, crushed finely.

### LEMON HONEY CREAM

One lemon, 2 eggs, 5 oz. honey, 2 oz. butter. Grate very finely the yellow part of the lemons. Melt the honey, butter, and lemon-juice all together. Take from heat, let cool slightly, add the well beaten eggs. Cook over low heat, in double pan stirring often till mixture thickens; add the grated rind. Take pan out of water and put over direct heat and bring to boiling point. Pot while HOT.—Nourishing and good as a spread, or a filling, or even as a hot lemon sauce.

### MARMALADE SAUCE

One tablespoon marmalade, 2 tablespoons brown sugar,  $\frac{1}{4}$  pint water. Boil sugar and water about 5 minutes, then stir in the marmalade.

### MARMALADE SAUCE

Dissolve  $\frac{1}{2}$  oz. best cornflour in a basin with the juice of a lemon. Bring  $\frac{3}{4}$  pint of water to the boil in a saucepan, add the grated rind of the lemon. Pour this boiling water on to the cornflour, and re-boil it. Add 1 tablespoon marmalade, and 1 tablespoon sugar.

### MELBA SAUCE

Put a cup of tinned raspberries through a sieve, add  $\frac{1}{4}$  cup sugar. Cook gently about 5 minutes, let cool. Keep in a cool place till needed.

### MOCK MAPLE SYRUP

Quarter of a cup of honey,  $\frac{1}{4}$  cup of golden syrup, squeeze of lemon,  $\frac{1}{4}$  cup boiling water or less. Blend together.

### NUT SAUCE

Quarter of a cup of butter, 1 tablespoon cornflour,  $\frac{1}{4}$  cup brown sugar,  $\frac{2}{3}$  cup boiling water,  $\frac{1}{3}$  cup chopped nuts (walnuts are nice), 2 teaspoons lemon juice. Melt butter in top of double boiler. Mix cornflour and brown sugar, add to fat, mixing till blended. Add water and mix well. Cook a few minutes, stirring till sauce is thick and smooth. Add nuts and lemon juice. Serve hot over any type of plain cake for dessert.

### FRESH ORANGE SAUCE

Quarter of a cup of sugar, 1 tablespoon cornflour, 1 cup boiling water, 1 tablespoon butter,  $\frac{1}{4}$  cup orange juice, 1 teaspoon lemon essence,  $\frac{1}{2}$  cup orange sections (or 1 medium orange divided into sections). Mix sugar and cornflour in top of double boiler. Add water and cook, stirring, till thick and smooth. Remove, add butter and stir till melted. Add orange juice and lemon essence. Let cool slightly. Add orange sections. Serve over gingerbread or stale cake.

### PINEAPPLE SAUCE

Mix together 1 dessertspoon butter,  $1\frac{1}{2}$  tablespoons sugar, good dessertspoon cornflour, pinch salt. Add  $\frac{1}{2}$  cup crushed pineapple mixed with  $\frac{1}{2}$  cup hot water, and boil for 5 minutes, stirring constantly. Then add a dessertspoon lemon juice. Serve hot.

*RAISIN-NUT SAUCE:*—Add  $\frac{1}{2}$  cup chopped raisins and nuts, and a teaspoon grated rind (orange).

### SUNSHINE FOAMY SAUCE

Quarter of a cup of brown sugar, firmly packed, dash of salt,  $\frac{1}{4}$  cup cream, whipped, 1 egg yolk, unbeaten, 1 egg white, unbeaten,  $\frac{1}{2}$  teaspoon vanilla. Sift sugar. Add  $\frac{1}{2}$  of sugar to egg yolk and beat until light. Add salt to egg white and beat until foamy throughout. Add remaining sugar, 1 tablespoon at a time, beating after each addition until sugar is blended, then beat until stiff. Combine egg yolk and egg white mixtures. Fold in whipped cream and vanilla. Makes one and one-third cups sauce.

## SAUCES (SAVOURY)

### INTRODUCTION

Sauces give added flavour and a luxury touch to any dish. They can also make a small serving go further,—a little minced ham in a rich white sauce helps out with potato cakes; an egg sauce with fish cakes, and so on.

### GRAVY

Make the gravy in the pan the meat was roasted in. Pour off the fat very carefully leaving about 2 tablespoons with all the good brown part and meat juices at the bottom. Sift in about 2 tablespoons of flour, salt and pepper to taste, stirring and mixing so that no lumps are left, over a low heat. Now stir in a cup of hot water, raise the heat a little, and stir constantly so that the meat-juices which have baked on the pan are all mixed in. Any of the commercial gravy mixes are very suitable for adding, instead of plain water. Follow the directions.

### A LA KING SAUCE (Makes left-overs into luxuries)

Three tablespoons of butter or margarine,  $\frac{1}{2}$  large green pepper cut in squares,  $\frac{1}{2}$  cup shredded mushrooms, 3 tablespoons flour,  $\frac{1}{2}$  teaspoon salt, a shake of pepper,  $1\frac{1}{2}$  cups milk,  $\frac{1}{2}$  a red pepper cut in squares, 1 beaten egg yolk, a dash of dry sherry. Melt the butter, in small frying pan. Add the green pepper and mushrooms and cook slowly. Stir in the flour and seasonings. Add the milk gradually, stirring all the time. When the sauce boils, turn the heat low. Beat the egg-yolk and pour the sauce into it. Then put it all into a double saucepan, adding a dash of dry sherry; and put in whatever you are going to serve in it. e.g. bits of chicken, or veal, sliced hard-boiled eggs, flaked cooked fish or tinned fish, chopped crayfish, etc. Often served on hot buttered toast.

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Use HANSELL'S FOOD COLOURINGS in your cooking

### APPLE SAUCE (For duck, roast pork etc.)

Put sufficient sliced apples with hardly any water into a saucepan and cook on low heat until soft. Then mash and beat with fork, a very little sugar may be added if liked.

### BARBECUE SAUCE (American)

Take  $\frac{1}{4}$  lb. butter,  $1\frac{1}{4}$  cups water, 3 tablespoons Worcester Sauce, 2 tablespoons tomato sauce, 2 tablespoons lemon juice, a teaspoon sugar, salt and pepper to taste. Mix all together, and simmer about 8 minutes. Good with roast or grilled meat, or used to baste veal or pork chops while grilling.

### BECHAMEL SAUCE

Make a white sauce using half chicken broth and half milk.

### BORDELAISE SAUCE (For grills)

Steam a finely chopped or grated onion, a pinch of mixed herbs, a dessertspoon chopped parsley and a grating of nutmeg in a tablespoon of butter till tender. Prepare a sauce with a packet of Sunshine soup powder, ox-tail flavour, add onion and a large spoonful of lemon juice.

### BREAD SAUCE (With fowl, turkey etc.)

One medium sized white onion, 7 cloves, 2 cups milk, 1 cup white bread, broken into small pieces. (Use only fresh bread, and the white only, no crust), 2 tablespoons butter,  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon white pepper (or pinch of cayenne). Stick the 7 cloves into the onion and place in milk. Put on stove and simmer for at least 30 minutes (double boiler is best). Then pour boiling milk through strainer on to finely broken white bread. Let milk and bread soak at least one hour. Then add butter, pepper and salt, and re-heat, beating well.

### CHEESE SAUCE (For cabbage or sprouts)

Melt 1 oz. butter, stir in 1 oz. wholemeal or white flour and cook. Gradually add  $\frac{1}{2}$  pint milk, cook, and let all thicken nicely. Add 3 oz. grated cheese and melt. Pour over the sprouts or cabbage, and put a little more grated cheese on top. Pop in oven, or put under griller to melt the cheese and brown the whole.

### CHILI SAUCE (Boston)

Twelve large red tomatoes, 3 red peppers, 2 large onions, 2 tablespoons salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon ground cloves,  $\frac{1}{2}$  teaspoon allspice (ground), 3 cups vinegar, 2 cups sugar. Peel tomatoes and onions, remove seeds from peppers and chop fine. Also chop onions. Stir all together and cook slowly till thick. Bottle and seal.

### CHILI SAUCE (Quick)

One large onion minced, 1 tablespoon vegetable oil, 1 teaspoon pickle-spices, 4 minced hot peppers, 1 quart canned tomatoes,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons sugar. Fry the onion tender in the oil. Tie the spices in a bit of cheese cloth, add the remaining ingredients and simmer till smooth and thick (with an asbestos mat underneath). Remove the spices. Chill and use.

### CLARET GRAVY

(For meat balls, or ham, or re-heated sliced veal or beef)

Half cup rich brown soup, 1 cup dry claret, 1 tablespoon lemon juice, 1 teaspoon sugar,  $\frac{1}{2}$  tablespoon grated horse-radish (optional), a dash of paprika (or other pepper), salt to taste. Combine ingredients. Heat gradually to boiling point. Serve at once.

### CORNED BEEF SAUCE

Put in small saucepan: 1 small teaspoon mustard, 3 dessert-spoons sugar, and 1 egg. Beat well. Add a small  $\frac{1}{2}$  cup vinegar, and  $\frac{1}{2}$  cup cooled water corned beef has been cooked in. Stir and boil for a few minutes.

### CREAM SAUCE

(For creamed left-over meats or vegetables)

Two tablespoons butter, 2 tablespoons flour, 1 cup milk,  $\frac{1}{4}$  teaspoon salt (or season to taste),  $\frac{1}{8}$  teaspoon pepper. Melt butter in upper part of double-boiler, or over low flame, add flour and stir until well blended; pour the milk in, stirring constantly until the sauce thickens. Add salt and pepper, stir thoroughly. Cook until the raw starch taste has left the sauce—about 3 minutes.

### CRANBERRY SAUCE (For Turkey)

One pound cranberries, 1 lb. sugar,  $\frac{1}{2}$  cup cold water. Place all three ingredients in a saucepan and boil slowly for 20 minutes. As the cranberries boil, a foam will form on the top. Skim this foam off from time to time. After boiling 20 minutes remove from stove and chill. Do not mash. Serve them just as they are; the berries will be whole and transparent and the juice a heavy jelly when cold.

### CURRY SAUCE (No. 1)

Melt 2 tablespoons butter, add  $\frac{1}{2}$  cup minced onion, and cook pale brown. Stir in a good teaspoon curry powder, or more to taste, and let it cook with the butter and onion a minute or so before adding 2 tablespoons flour, stirring till all is dissolved. Then very gradually add sufficient milk to make the required thickness, about  $1\frac{1}{2}$  cups, strain out the onion before serving if desired.

### CURRY SAUCE (No. 2)

(For re-heating minced or chopped cold meat)

Melt dripping or butter in saucepan. When very hot add sufficient chopped onion. Fry till brown, stirring often. Add curry powder to taste and continue frying and stirring for a minute or two. Sprinkle with sugar and stir again. Now add sufficient hot water, according to how much sauce you require. Stir well, add a few sultanas and cook over low heat until onions are very soft. Taste, and add required sugar, a little vinegar and chutney. Thicken with best cornflour mixed with a little water, stirring all the time. This sauce can be made beforehand, (but not thickened) if desired. When mealtime comes, just warm the sauce, stirring, and add the chopped meat—just till all is very hot, but not to boil or re-cook the meat. Serve with dry boiled rice, or mashed potatoes and a green vegetable.

### FOUNDATION WHITE SAUCE

Two tablespoons butter, 2 tablespoons flour (wholemeal if liked),  $1\frac{3}{4}$  cups milk, pinch salt and pepper. Melt butter, stir in flour and seasoning, removing pan from heat as you do so. Then gradually stir in the milk, and continue stirring. Bring to the boil and cook till thick.

**THICK WHITE SAUCE:**—Use more butter and flour, but the same quantity of milk.

**PIQUANT SAUCE:**—Make white sauce, but when cooked add the yolk of an egg beaten up with a tablespoon of vinegar.

**PARSLEY SAUCE:**—Add 2 or 3 tablespoons finely chopped parsley just before serving.

**CHEESE SAUCE:**—Add  $\frac{1}{2}$  cup or more of grated cheese,  $\frac{1}{4}$  teaspoon dry mustard, a few drops Worcester sauce, and a few drops lemon juice.

**CRAYFISH SAUCE:**—Add chopped crayfish, or tinned shrimps, or lobster.

### **GOOSEBERRY SAUCE (With pork, fish or poultry)**

Two large cups gooseberries, 1 large cup water, 1 tablespoon butter, 1 tablespoon sugar, pepper and salt, and nutmeg. Cook gooseberries and water together till soft. Put through sieve, and return to pan. Stir in butter and sugar, and seasonings, and make hot without boiling. Serve hot with pork, fish, duck, etc.

### **HOLLANDAISE SAUCE**

**(For hot asparagus, broccoli, corn, cabbage etc.)**

Two egg yolks,  $\frac{1}{2}$  teaspoon salt, dash cayenne pepper,  $\frac{1}{2}$  cup melted butter or margarine, 1 tablespoon lemon juice. Beat egg yolks until thick and lemon coloured. Add salt and pepper. Then add 3 tablespoons of the melted butter, a little at a time, beating constantly. Then slowly beat in rest of butter alternately with the lemon juice.

### **HORSE-RADISH SAUCE (For beef or tongue) No. 1**

One cup of cream sauce (see page 397),  $\frac{1}{4}$  cup freshly grated horse-radish,  $\frac{1}{4}$  cup soft breadcrumbs (no crust),  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprika, 2 tablespoons lemon juice, 1 tablespoon vinegar. Make cream sauce (use half the quantity). Then add the horse-radish, breadcrumbs, salt and paprika and allow to simmer for 2 minutes, stirring constantly. Then remove from fire and add lemon juice and vinegar.

### **HOME MADE FRENCH MUSTARD**

Mix mustard to required consistency with a little cream (top milk), a pinch each of salt and sugar, and vinegar to taste.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### HORSE-RADISH SAUCE No. 2

Mix well together, 1 oz. grated horse-radish, 1 dessertspoon made mustard, 3 dessertspoons sugar, 3 dessertspoons malt vinegar, 4 tablespoons whipped cream, a little salt and pepper.

### MUSHROOM SAUCE (For chops, steak etc.)

One cup cream sauce (see page 397), 1 cup fresh mushrooms (or canned), 1 tablespoon mushroom catsup, 1 tablespoon butter, 2 teaspoons Worcester sauce, 1 tablespoon paprika, 1 tablespoon sherry wine (optional). Cut and chop the mushrooms into fairly small pieces and fry in butter until slightly browned. Add to cream sauce and cook for 10 minutes. Remove from fire, add remaining ingredients, stir and serve with chops and steak and other meats as desired.

### MUSTARD SAUCE (American)

One tablespoon melted butter or margarine, 2 tablespoons flour, 1 cup boiling water, 2 beef bouillon cubes, 3 tablespoons prepared mustard, 1 tablespoon Worcester sauce. Blend the butter and flour in a saucepan. Stir in the boiling water and bouillon cubes. Cook until thickened. Then add the prepared mustard and Worcester sauce. Serve hot or cold with sliced ham or other meats.

### MUSTARD SAUCE (For fish)

Melt 2 tablespoons butter (or less) in saucepan. Add 2 tablespoons flour, stir for 2 minutes, then add  $1\frac{1}{2}$  cups milk. Bring to the boil and add 1 tablespoon vinegar, 1 or 2 egg yolks, pinch salt, dash pepper (cayenne is nice), teaspoon prepared mustard. Do not boil again.

### MUSTARD SAUCE (No egg)

One tablespoon fat or salad oil, 2 tablespoons flour,  $\frac{1}{2}$  teaspoon salt, pinch pepper, 1 cup fish stock or milk,  $\frac{1}{2}$  cup mayonnaise, 2 tablespoons prepared mustard. Melt fat in saucepan over low heat. Stir in flour, salt and pepper. Add stock gradually, stirring continually till sauce thickens and is smooth. Remove from fire, add mayonnaise and mustard slowly while stirring. Makes about  $1\frac{1}{2}$  cups.

### MAITRE D'HOTEL BUTTER

(For grilled steak or fish or cooked vegetables)

Quarter a cup of butter or margarine, 1 tablespoon minced parsley, 4 tablespoons lemon juice,  $\frac{1}{2}$  teaspoon salt, dash cayenne pepper. Work the butter with a spoon in a bowl until creamy. Then, while stirring constantly, add very slowly the parsley, salt, pepper and lemon juice. You may add  $\frac{1}{8}$  teaspoon minced onion or 2 teaspoons minced red or green pepper.

### MINT SAUCE

Wash the mint and pull off the leaves, discarding the stalks. Put on chopping board, sprinkle with a little sugar and chop very finely. Put into sauce-boat and barely cover with boiling water, leave standing a few minutes to draw out flavour. Then add vinegar and sugar to taste. Stir well.

### ONION SAUCE

Peel and slice sufficient onions and boil in water with a little salt until very soft. Then strain; chop finely. Cover with milk and bring to the boil. Thicken with best cornflour first moistened with milk, add pepper and salt to taste, and finally, a good knob of butter. A little chopped parsley may be added.

### ORANGE SAUCE (For Duck)

After roasting duck pour off all but 3 tablespoons fat from pan. Add 3 tablespoons flour, stir till smooth. Add 2 tablespoons finely shredded orange rind which has been simmered in a little water till tender. Add 2 tablespoons currant jelly,  $\frac{3}{4}$  cup of orange juice and  $\frac{3}{4}$  cup water. Stir, cook till smooth and thickened. Add salt and pepper if needed.

### PORtUGUESE RAW GRAVY (For roast lamb, or fish)

Two tablespoons finely minced onion, 2 tablespoons finely minced parsley,  $\frac{1}{2}$  tablespoon fresh mint,  $\frac{1}{4}$  cup vinegar,  $\frac{1}{4}$  cup water, pinch of salt. Combine all carefully. Pinch of sugar optional.

### SPANISH SAUCE

One cup sliced onions, 4 tablespoons salad oil, 1 bay leaf, 2 teaspoons salt, 1 diced seeded green pepper, dash pepper, 2 whole cloves, 1 teaspoon sugar, 4 tablespoons flour,  $2\frac{1}{2}$  cups tinned tomato juice, 6 tablespoons water. Saute the onions in the salad oil until tender. Then add all the remaining ingredients, but the flour and water. Cover and simmer 30 minutes. Thicken with the flour mixed to a smooth paste with the water. Remove the bay leaf and cloves, and serve. Serve with spaghetti, omelete, croquettes, meat loaf, hamburgers, fish, etc. If desired, this sauce may be strained just before serving.

### TARTAR SAUCE (For fish)

One cup mayonnaise dressing, 1 tablespoon each of finely chopped olives, pickles, parsley, and chives (if desired). Mix together and serve.

### EGG SAUCE (For boiled fish)

Make white Cream Sauce (see page 397), and add finely chopped hard boiled eggs.

### TOMATO SAUCE (Fresh)

Three tablespoons butter, 3 tablespoons flour. Melt the butter, and add the flour and a little salt. Blend very well. Then, as if making white sauce, pour in tomato puree instead of milk. Then add a  $\frac{1}{4}$  teaspoon ground cloves, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon allspice, and pepper to taste. Very nice with cold meats etc.

### VINIAGRETTE SAUCE

Three tablespoons sweet pickle relish, 2 tablespoons minced parsley,  $\frac{3}{4}$  teaspoon sugar, 1 teaspoon salt, 6 tablespoons vinegar,  $\frac{3}{4}$  cup salad or olive oil. Combine all ingredients. Beat thoroughly to blend. Serve on asparagus (hot or cold), broccoli, brussel sprouts.

(For Relishes see page 396 or Canned Vegetables)

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Use HANSELL'S CREAM OF TARTAR in your cooking

## BEVERAGES

### APPLE CIDER

Cut up small uncored and unpeeled apples. Put into wooden tub, pour on boiling water to cover. Let stand for 3 days, then mash. Strain through muslin, and add 1 cup sugar to 1 gallon of liquid, and a few raisins if liked. Stir and bottle. Leave uncorked for 3 or 4 days till fermentation has ceased. Tie on corks, and it is ready in 3 days (about). Better kept longer.

### APPLE CIDER (Simple)

Slice enough apples, unpeeled and uncored, to quarter fill a 2 gallon pan, cover with 2 cups sugar. Simmer a good handful compressed hops in 1 quart water for 20 minutes. Pour over the apples. Fill up with boiling water, cover with fine muslin, and leave 24 hours. Strain and bottle, adding a raisin to each bottle. Tie corks on very firmly. Should be ready in 24 hours. If cool weather, leave longer.

### APPLE CIDER

Cut up small, peel and core 4 lb. good ripe apples. Pour over 10 to 12 cups of boiling water. Stir in 3 lb. of sugar. When blood heat, add  $\frac{1}{2}$  teaspoon compressed yeast, dissolved in a little warm water. Leave for 4 days, till risen up. Strain; add 1 or 2 teaspoonfuls of essence of lemon, or ginger, to taste. Bottle and tie down. Ready in a few days.

### BEETROOT WINE OR MOCK PORT

Take 4 quarts of water, 4 lb. of beetroot, and 3 lb. sugar. Wash and cut up the beet and boil in water till tender. Strain and boil the liquor again with the sugar added for 20 minutes. Strain again and when luke warm work in  $\frac{1}{2}$  oz. of yeast. A little ginger may be added if desired. Do not cork the bottles for some time. If kept till it is quite clear and dark it will taste like port wine. The beetroot should be just freshly dug to be used.

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Use HANSELL'S TARTARIC ACID in your cooking

### BEETROOT WINE (English recipe)

Five pounds beetroot, 2 lemons, 12 cloves,  $\frac{1}{2}$  oz. yeast, 4 oranges, 4 lb. sugar, 1 oz. lump ginger. Wash beetroot, cut into slices, boil till it pales. Cut oranges and lemons in slices, put into strained beetroot juice made up to 1 gallon with water, add cloves and ginger and sugar. When luke warm, add yeast, let it work for 3 days, strain, and bottle.

### BLACK Currant VINEGAR

To 2 lb. black currants allow 1 quart best vinegar. Leave to stand for 3 days, stirring each day. Bruise currants, and strain through double butter muslin. Next, measure and allow 1 cup sugar to each 2 cups liquid. Boil up together for about 20 minutes. Bottle cold. Cork well, seal quite airtight. Good for sore throats when mixed with hot water; nice with cold water.

### BLACKBERRY SYRUP

Two pounds blackberries,  $1\frac{3}{4}$  lb. sugar, 1 oz. citric acid,  $1\frac{1}{2}$  breakfast cups warm water. Put berries in bowl with acid and water. Let all stand 24 hours. Strain. Then stir in sugar. Melt all and just boil. Bottle warm but cork cold. Use just like any cordial, a little in the bottom of a glass and fill with cold water.

### BLACKBERRY WINE

Put any quantity blackberries in a wooden or stone vessel. Crush, cover well with boiling or cold water, stir often for a few hours, cover with a light cloth, and leave 3 or 4 days. Strain off liquid, add  $3\frac{1}{2}$  lb. sugar to every gallon. Put into keg or stone jar, do not quite fill; keep some liquid in jug for adding after every skimming to keep quantity the same. Will work for 2 or 3 weeks; skim daily, adding liquid each time. Keep muslin over keg. When finished working, cork or bung lightly, gradually tighten up daily. Must not move keg. Bottle in 6 months. Better left 12 months.

### BOSTON CREAM

Pour 3 pints of boiling water over  $2\frac{1}{2}$  lb. sugar. Add 2 oz. of citric or tartaric acid. Stir well, and when cool add 1 good dessert-spoon of lemon essence. Bottle cold and use a tablespoon of this and a pinch of baking soda to a glass of water.

### BOSTON CREAM (With Egg-whites)

Two pounds sugar, 2 teaspoons essence of lemon,  $4\frac{1}{2}$  pints water, 2 egg whites, 2 oz. tartaric acid. Boil sugar and water 2 or 3 minutes, add acid. When nearly cold add essence of lemon, whites of eggs (beaten) and beat up. To glass of water add 2 tablespoons syrup and stir in pinch of bicarbonate of soda.

### BLACK AND WHITE SODA

Half a cup chilled milk, 2 tablespoons cocoa syrup (see page 406),  $\frac{1}{2}$  cup soda water or ginger ale, vanilla ice cream. Add milk slowly to syrup, stirring constantly. Pour into tall glass. Add soda water and stir enough to mix. Add ice cream and serve at once, but quite nice without ice cream.

### CHAMPAGNE CIDER

To fill a ten-gallon cask use 36 lb. of apples, 6 gallons of water, 2 lb. of sugar and 2 teaspoons compressed yeast. Cut apples in small pieces, add water, bring to boil and put aside in a cool place. When luke warm mix yeast with one cup of liquid, add to mixture and leave for two days. Strain, add sugar and stir well; when dissolved, bottle and tie corks down. Yeast may be omitted and raisins added to each bottle to hasten action. This cider is ready to use in 2 days, but it is better if left at least 10 days.

### CHERRY LIQUEUR

Allow 3 lb. sugar to every 3 lb. cherries. Remove stalks, wash cherries, drain well. Place layer of cherries, layer of sugar, and so on, in earthenware jar. Cover and stand in sunny place 3 or 4 weeks. Strain off juice, add about  $\frac{1}{4}$  pint rum or brandy. Pour into bottles. Should be a delicious liqueur.

### CHOCA (Continental)

Three parts chocolate to 1 part strong black coffee. Melt broken chocolate, add boiling milk, boil up once or twice, and add coffee. Serve boiling hot.

### MEXICAN CHOCOLATE

Make drinking chocolate, chill, flavour with cinnamon, and whip till frothy.

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Use HANSELL'S FOOD COLOURINGS in your cooking

## DRINKING CHOCOLATE

One level dessertspoon best cocoa, put in saucepan with sugar to taste, and mixed smooth with  $\frac{1}{2}$  cup cold water. Bring to the boil, add  $\frac{1}{2}$  cup cold milk, and bring to boil again. Boil 1 minute. Stir, serve hot.

## CHOCOLATE ICEBERG

One cup chilled milk, 2 tablespoons cocoa syrup, ice cream. Add milk slowly to syrup, stirring. Beat or shake well. Pour into tall glasses, add ice cream and serve at once.

## CHOCOLATE SYRUP (In Milk)

Make syrup of 1 cup sugar,  $1\frac{1}{2}$  cups water, and 4 tablespoons cocoa. Boil 5 minutes and keep in a cool place. Add 2 or 3 teaspoons to a glass of milk—encourages children to drink milk. Drink through a straw.

## CLARET CUP

One bottle claret, 2 tablespoons sugar, juice of 1 sweet orange, juice of 1 lemon, rind of  $\frac{1}{2}$  lemon, 1 slice cucumber, 2 bottles of soda water,  $\frac{1}{2}$  wineglass of brandy, cup of crushed ice. Pour the wine over the sugar and allow to soak for 1 hour before adding all the other ingredients. Add soda water immediately before serving. Sufficient for 6 persons.

## COCOA SYRUP (Good)

One cup cocoa,  $1\frac{1}{4}$  cups sugar,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{4}$  cups cold water,  $\frac{1}{2}$  teaspoon vanilla or almond. Combine cocoa, sugar, and salt in pan. Add water, stirring gradually until smooth. Bring slowly to the boil, boil gently 2 minutes stirring constantly. Add vanilla, cool. Keep in jar.

**CHOCOLATE MILK:** Use 2 tablespoons Cocoa Syrup for each cup milk. Stir well.

## COLD WATER BEER

Twenty cups of water,  $2\frac{1}{2}$  cups sugar, 4 teaspoons cream of tartar, 3 teaspoons ground ginger, 1 teaspoon essence lemon. Stir all together and let stand 1 week before using.

## ELDERBERRY WINE

Gather fruit on dry day. Put in clean tub, barely cover with water. Let stand about 3 days occasionally stirring and pressing out juice. Strain through a fine sieve or cloth. Measure juice, and

to every gallon allow 3½ lb. sugar, 2 oz. bruised ginger, ½ oz. cloves and a little allspice. Boil all together for an hour. Pour back into tub or jar, which has been well scalded out. When this has cooled down to lukewarm, add creamed yeast on toast, in proportion of ½ oz. per gallon, each gallon up to 5 gallons. If over 5 gallons, take full ¼ oz. to each gallon. Let work 3 full days. Keep well covered with a heavy cloth or blanket. Skim off froth, pour into clean cask. Paste piece of brown paper or muslin over bung hole for 1 or 2 days, then securely bung and leave 2 or 3 months. Half wine and half hot water at bedtime is good for a cold.

### FRUIT CUP

Twelve lemons, 12 oranges, 1 pint bottle each of strawberry, raspberry and pineapple syrup, 2 pint bottles unsweetened grape-juice, 6 pints water, 1 large or 2 small bottles dry ginger-ale. Strain juices of oranges and lemons into a large bowl, add the fruit syrups, grape-juice, and 6 pints of water, and chill for 2 hours. Add the dry ginger-ale, garnish with slices of bananas; serve at once.

### FRUIT JUICES (For drinks)

Raspberries, strawberries, blackberries, or any soft fruits, also peaches and apricots. Crush fruit and allow to stand awhile. Add a very little warm water, put all in covered jar in oven, or in a covered saucepan on warm stove. Warmth makes juices flow. Strain, bring to boil, adding ¼ lb. sugar to 1 lb. syrup. Boil 5 minutes. Strain again, and bottle hot. Pour on a teaspoon of olive oil, and then cork well. When needed, soak up oil with cotton wool.

### FRUIT PUNCH

Juice of 9 oranges, juice of 3 lemons, syrup of a tin of preserved pineapple, and the same of peaches, and sugar to taste. One large cup of strong tea, freshly made, and strained and cooled, is added to the above ingredients. Strain the mixture into a glass jug, and put in a refrigerator or very cool place. Cut up small cubes of pineapple, etc., and put in. The syrup of any tinned or stewed fruit can be used. Serve with soda water.

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Use HANSELL'S ESSENCES in your cooking

## FRUIT PUNCH

One cup of strong tea, 1 cup of sugar,  $\frac{3}{4}$  cup orange juice,  $\frac{1}{3}$  cup lemon juice, 4 cups ginger ale, half an orange sliced thin. Pour the hot tea on the sugar, add the fruit juices, set aside to cool. Just before serving add ginger ale and the sliced orange.

## FRUIT SALTS (For Health)

Mix thoroughly  $\frac{1}{4}$  lb. each of cream of tartar, tartaric acid, bicarbonate of soda, icing sugar, Epsom salts, and 1 oz. magnesia. Cork securely, and keep in a dry place. It is a good idea when mixing, to put it through the flour sifter 3 times.

## GINGER BEER (No Bottling)

One and a half tablespoons ground ginger, 3 cups sugar, boil these in about a quart of water. Pour through sieve into jug. Have clean a 1 gallon bottle or jar, and half fill with cold water. Pour in the hot syrup, add 1 tablespoon of yeast (compressed or dried), and fill the jar with more cold water. Leave about 24 hours, uncorked. Pour off about a cup from the top, cork, and drink as wanted.

## GINGER BEER (With plant, no yeast)

Use 1 quart preserving jar with rubber ring and good fitting screw top lid. To start plant first time only, take 1 tablespoon ground ginger and  $\frac{3}{4}$  cup sugar. Dissolve sugar in hot water, mix with ginger. Place in jar, slice up half a lemon, and place also in jar. Fill up jar with cold water, screw lid on tightly, set aside in cool place. Leave about 2 days, then strain off through double butter muslin, and bottle. Return grounds to jar. This time use 1 teaspoon ginger,  $\frac{3}{4}$  cup sugar, and another  $\frac{1}{2}$  lemon sliced. The strained off beer is ready to drink at once. Repeat process each day after first time. When beer gets too "hot" throw away some grounds, or give to a friend as a "starter". Lemons may be omitted.

## GINGER BEER

One pound sugar, 1 dessertspoon cream of tartar, 1 dessertspoon lemon essence or 3 dessertspoons of lemon juice, 1 level teaspoon tartaric acid, 1 gallon cold water, 2 dessertspoons ginger, 1 handful raisins. Mix till dissolved, then leave for 2 days. Strain and bottle. Ready in a few days, but better kept.

### GINGER BEER

Two pounds of sugar, 2 gallons of water, 4 lemons, 1 tablespoon ground ginger, 1 packet of juicy raisins. Put all into a preserving pan, or kerosene tin, first mixing the ginger to a smooth paste with a little water. Bring it to the boil, and let it stand in a warm place for 3 days. Strain and bottle, ready for use in 3 or 4 days.

### GINGER BEER

Four pounds white sugar,  $\frac{1}{2}$  dozen lemons (large), 2 oz. root ginger, 3 gallons water. Put juice 5 lemons and other cut in rings into 3 gallon keg with sugar, and ginger (well bruised). Add boiling water, stir well, cover, and let stand 24 hours. Next day strain and bottle. Ready in about 2 weeks. Similar to lemonade and added to home brewed ale or stout makes a delicious drink.

### GINGER BEER PLANT (With yeast)

Put following into large 2 quart jar: One small cup warm water, 1 dessertspoon sugar, 1 dessertspoon ground ginger, 2 teaspoons compressed yeast dissolved in a little warm water. Let all stand 24 hours. This is the "plant".

In a jug mix 1 small cup sugar, 1 teaspoon ground ginger, 1 cut up lemon, without the white pith. Add enough hot water to dissolve the sugar, add cold water to make it luke-warm, then pour on to the plant. Then fill the jar right up, and leave 24 hours.

Strain off through muslin, bottle and cork tightly. Make up another mixture as before, and pour on to the plant. Never leave more than 24 hours. If "plant" gets too "hot" it may be divided or thrown out. Never have more than  $\frac{1}{4}$  to  $\frac{1}{2}$  inch plant in jar.

### GINGER POP

To make 2 gallons: 3lb. sugar, the juice of 4 lemons, 2 oz. whole ginger, 2 gallons boiling water. Place sugar, juice of lemons and ginger (well broken up) into vessel, and pour boiling water on. Stir well and leave all to stand overnight. Strain the next day and bottle. Cork very tightly. Ready in 6 days. No yeast required.

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Use HANSELL'S FLAVOURED SYRUP for milk shakes

### GOLDEN FIZZ (American)

Beat 1 egg (better if white and yolk beaten separately, and then combined). Add sugar to taste, and beat. Add juice of 1 big orange, and beat. Fill glass with milk, and beat lightly. Sprinkle nutmeg on top. An excellent pick-me-up.

### GRAPEFRUIT AND MINT COCKTAIL

This is a popular and healthful cocktail, useful for a party dinner. Prepare beforehand the fruit juices— $1\frac{1}{2}$  cups grapefruit juice,  $\frac{3}{4}$  cup orange juice, 2 tablespoons of bottled or fresh lime juice, and 3 tablespoons (or less) of sugar. Keep in cool place, and just before serving add a bottle of ginger ale or plain soda water. In each of 6 cocktail glasses arrange  $\frac{1}{4}$  teaspoon of very finely chopped fresh mint, and pour the cocktail over. Serve at once. Any combination of orange juice, canned or fresh, may be used for this.

### GRAPE JUICE COCKTAIL (Spiced)

Combine in a saucepan 3 cups grape juice (fresh or bottled),  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg, a speck of powdered cloves. Simmer gently for 5 minutes. Strain through fine cheese cloth and chill. Serve in small glasses.

### UNFERMENTED GRAPE JUICE

Pick berries off stalks, put in pan with 1 cup water to keep from burning. Bring to scalding point till grapes mash up well. Strain twice through muslin to make clear. Bring to boiling heat, and have bottles and corks hot. Pour boiling juice into bottles, cork tightly, press corks in flat. Dip tops in hot wax to seal thoroughly.

### GRAPE WINE

To 1 gallon bruised grapes, allow 1 gallon water, from 3 to 4 pound sugar,  $\frac{1}{4}$  oz. isinglass, and a little brandy. Grapes must not be over-ripe. Steep, wash, and bruise in wooden tub. Don't crush seeds. Add water, cover and leave for a week, stirring occasionally. Strain through jelly bag. Add sugar, let dissolve, pour into cask. Leave bung lightly covered till hissing ceases; add 1 gill brandy,  $\frac{1}{2}$  oz. bitter almonds (it may be cooking

almonds). Tie isinglass in muslin, attach to bung, and close cask securely. Keep 6 months before bottling, and 6 months before using.

### HOME BREWED ALE

Ten gallons water, 1 lb. hops (best quality). Boil together 1 hour. Add 8 lb. sugar, and boil another hour. Then add 5 lb. malt extract. Stir till thoroughly dissolved, and transfer to cask. When blood heat add  $\frac{1}{2}$  pint baker's yeast or  $\frac{1}{2}$  tablet compressed yeast. Leave for several days, skimming every morning. When finished working (6 to 7 days) add 1 packet isinglass thoroughly dissolved in boiling water, and then cooled. Then stir slightly, or use 1 bottle of brewer's finings (instructions on bottle). Leave to clear and then bottle, adding a saltspoon of sugar to each large bottle. Ready in 1 week. Better kept longer.

### HOP BEER PLANT

Two tablespoons malt, 1 small handful hops, 1 small cup brown sugar,  $\frac{1}{2}$  gallon water. Boil hops and sugar in water until hops sink (about 20 minutes). Strain and when at blood heat add malt and little more than  $\frac{1}{4}$  cake compressed yeast. Let stand about 24 hours, then skim top, strain and bottle. Retain the top skimmed off, and the sediment for making the next brew, but after the first brew do not add any more yeast. This quantity makes 4 bottles, and to keep up a supply the beer should be brewed each day.

### HONEY MEAD

To every gallon of water, put 3 lb. honey and a piece of root ginger. Boil 1 hour. Skim, then put in some hops— $\frac{1}{2}$  oz. to every gallon of water. Boil another half hour. When nearly cold, put in yeast— $\frac{1}{2}$  pint to 10 gallons. Cork lightly as soon as pressure will allow, and tighten later.

### JUICES (Frozen)

Freeze ginger ale in the freezing tray, and add 1 or 2 cubes to any fruit cocktail—especially grape juice. Freeze pure grape juice to a mush (taking out the divisions in the freezing tray), and add a spoonful of this to lemonade. Water flavoured with lemon juice and frozen into cubes makes a lovely addition to iced tea. Fruit juices may also be blended, i.e., lemon and grape fruit, lime and

orange—all kinds of mixtures can be devised. Mix them some hours beforehand, so that the flavours mingle thoroughly. If you are having a party, you may add ginger ale or soda water to the mixed juices at the last moment, giving a delightful zest to the drink.

### LEMONADE

Take two or three large lemons and scrub well. Peel very thinly into an earthenware jug or crock, being careful not to cut the white pith. A potato peeler will be quite satisfactory. Add 1 tablespoon sugar for each lemon and allow to stand for one hour, when the sugar will have drawn the essential oil from the rind. Squeeze the juice and add with one pint of cold water for each lemon. It is important to use cold water, as boiling water destroys the Vitamin C in the juice. Stir with a wooden spoon and leave in a refrigerator or cool larder for 24 hours. Strain and serve.

### LEMONADE

Four large lemons, 2 lb. sugar, 2 dessertspoons cream of tartar. Slice lemons, put all in bowl. Pour over 2 gallons boiling water, leave 24 hours. Strain and bottle. Ready in 2 weeks.

### LEMON CHAMPAGNE

Slice into big bowl 6 to 8 lemons. Put also in 8 breakfast cups sugar, 1 good breakfast cup raisins. Pour over 1 quart hot water, and stir well. Put all into kerosene tin or big vessel, add cold water to make up 4 gallons. Stir, cover with cloth, leave 3 or 4 days. Strain, bottle, cork, and tie on corks. Open carefully.

### LEMON SYRUP (Special)

Boil together for 10 minutes, the juice of 4 lemons, 2 lb. of sugar,  $\frac{1}{2}$  oz. either citric or tartaric acid, and 1 pint water. When cool, add 1 teaspoon lemon essence. It is a thick syrup and keeps well. Nice with plain or soda water.

### LIVER TEA FOR ANAEMIA

One pound of gravy beef,  $\frac{1}{2}$  lb. liver. Cut up gravy beef and just cover with water. Cook in a double boiler for about 3 hours. Put the liver through the mincer, and add to gravy beef after it has been taken off fire, and leave for a few minutes. Strain through sieve. The liver must not be actually cooked. Season with a little pepper and salt, and a little grated carrot.

### MINT JULEP

Strain juice of 5 lemons into basin, add 1½ teacups sugar, 2 teacups hot water, and a handful bruised mint leaves. Stir well, strain and allow to cool. Just before serving, add 3 pints ginger ale, chilled if possible. Float a few small sprigs of mint on top.

### MINT JULEP

Eight tablespoons ground fresh mint, juice only of 4 lemons, 4 tablespoons sugar, 1 cup boiling water, 8 Maraschino cherries, ice. Pour hot water on the mint, (minced as finely as possible) add lemon juice and sugar. The mint, etc., should be divided between 4 glasses before adding the hot water. Let stand for 20 minutes. Add 3 fairly large pieces of ice to each glass, fill with iced water and garnish with the cherries and a few sprigs of mint. The quantity given is sufficient for 4 people.

### ICED MOCHA

Four tablespoons Cocoa syrup (see above), 2 cups strong coffee, 2 cups milk, sugar to taste. Mix Cocoa syrup with coffee and add sugar. Chill. Add cold milk. Top with whipped or ice cream. Nice without the cream.

### ORANGE MINT JULEP

Two cups sugar, 2½ cups water, 16 sprigs mint, chopped, ¾ cup orange juice, 1 cup lemon juice, 4 tablespoons grated orange rind, ice, soda water. Boil sugar and water together for 5 minutes. Add chopped mint, juices and rind. Chill 1 hour. In serving, half fill glasses with ice, add 5 to 6 tablespoons of the fruit syrup to each glass and fill with soda water. Serves about 10.

### ORANGE WINE

Cut up into enamelled bowl New Zealand grapefruit. Squeeze well, cover with water. Leave 9 or 10 days, stirring and squeezing every day. Strain through cloth into another bowl, squeezing all juice out. Add sugar (3½ lb. to each gallon of liquid). Stir well. Put into stone jar or cask to work. When finished working, bottle and leave 6 months. Drink plain or with water.

### ORANGE JUICE COCKTAIL (Minted)

Serve just plain chilled orange juice with a sprinkle of finely chopped mint on top of each glassful. Or use 1/3 bottled grape juice with orange juice, and substitute a dash of fresh lime juice for the mint.

### PARSNIP BEER

Four pounds parsnips, 1 oz. hops, 3 lb. sugar, 1 tablespoon yeast, 1 gallon water. Cut parsnips into quarters, tie hops in loose muslin bag. Boil these two in the gallon of water till parsnips are tender. Strain and add sugar. When lukewarm put in the yeast spread on a piece of toast. Leave to ferment for 36 hours. Put in vessel till fermentation has ceased; bottle, cork tightly, and place each bottle on its side. May be used in a month, but better if kept longer. Leave lid off saucepan as this improves the flavour of the beer.

### PARSNIP WINE

Wash parsnips. Weigh out required quantity, cut into slices, boil until tender. (Allow 1 gallon water to every 3 lb. parsnips). When cool enough, strain through muslin bag taking only a small portion at a time so as to get all the liquid out. When this is done make up water to required amount (as some water boils away) add 3 lb. sugar to each gallon of liquid. When luke warm add a little compressed yeast (dissolved in luke warm water); let work 3 weeks, stirring several times daily for the first week. At the end of the third week strain, being careful not to disturb the sediment at the bottom. Let stand again for another 3 or 4 days. At this stage a day or two longer makes no difference. Strain again as before. Now put in keg, bung tightly, leave for 7 months. (If not possessing a keg to mature wine in, be sure and work out thoroughly before corking up bottles, as wine matures through the wood, whereas if corked up tightly in bottles, it would be heady when opened. There is no need to use isinglass for clearing, as all wines clear as they mature.

### PINEAPPLE AND GINGER ALE

One ripe pineapple, peel, slice and dice. Put in basin, squeeze over it 3 lemons and 3 oranges. Press, strain, add 2 bottles dry ginger ale before serving. Scatter a little finely chopped mint over the top.

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Use HANSELL'S BAKING SODA in your cooking

### PINEAPPLE BEER

Put skins and any hard discarded pieces of 2 pineapples in pan and 2 sliced lemons; add 2 lb. sugar and 8 pints boiling water, and stand for 3 days. Then add 2 oz. cream of tartar and stir well, then bottle. Keep stirring or cream of tartar will be left at bottom of pan. Tie corks down well. Should be ready in a week.

### PASSIONFRUIT WINE

One gallon of water, 6 dozen ripe passionfruit, 4 lb. sugar. Halve and pulp fruit, add water, let ferment 6 to 8 days, strain through muslin cloth then add sugar. Let work for 3 weeks, strain, let stand a few days. Strain again and keg up tight. Let stand about 7 months, then ready for use. To improve the colour, chop up small a lot of the nice ripe skins and add them in the pulp during the first ferment. Keep well stirred several times daily.

### PLUM WINE

Six pounds ripe plums in earthenware bowl, pour over 1 gallon hot water. Let stand 24 hours. Mash and strain. To every gallon of liquid add 3 lb. sugar. Let stand 2 months, or till fermentation ceases, skimming every second day. Then bottle and cork well. Leave for 3 months to obtain full flavour.

### POTATO WINE (English recipe)

Mix 2 lb. raisins, 4 lb. demerara (or brown) sugar, 1 pint clean new season's wheat and 2 large finely-grated potatoes, with 1 gallon warm water. Add juice and grated rind of 2 lemons, also 1 oz. yeast. Leave to stand 3 weeks, stirring occasionally. Strain through flannel, then bottle. As soon as the wine is clear—about a month—add a little sugar to each bottle. Ready for use very soon, but improves with keeping.

### RASPBERRY ORANGE COCKTAIL

Two cups orange juice, 2 cups fresh raspberries, 1½ tablespoons bottled (or fresh) lime juice, some sprigs of fresh mint. Half an hour before dinner time, arrange raspberries in the bottom of each glass—say 6 glasses. Combine the orange juice and lime juice, sweetened if desired, and divide it equally among

the 6 glasses. Stand in cool place (refrigerator is best) to chill until ready to serve. Garnish each with tiny sprig of mint. This may be made using grapes or strawberries instead of raspberries.

### RHUBARB WINE

Five pounds rhubarb, 4 lb. sugar, 1 lemon (juice and thinly pared rind),  $\frac{1}{2}$  oz. isinglass, 1 gallon cold water. Cut rhubarb into small pieces, put into crock and crush thoroughly. Pour water over. Leave to stand 6 to 8 days, stirring and crushing every day. Strain, add sugar, lemon juice and rind, stir till sugar dissolves. Add isinglass dissolved in a little hot water. Leave till fermentation ceases. Strain, and bottle. Be sure working is finished before corking tightly. Ready for use in 6 weeks, better if kept longer.

### RHUBARB WINE (Australian)

To 25 lb. rhubarb allow 5 gallons cold water. To each gallon of liquid obtained from this add 3 lb. sugar, and the juice and thinly pared rind of a lemon. To the whole add 1 oz. isinglass. Wipe and cut up the rhubarb; put into earthenware or wooden vessel and crush thoroughly with wooden mallet. Pour the water over. Let it remain, covered, for 10 days, stirring daily. Then strain the liquor into another vessel, add the sugar, lemon juice and rind, and stir occasionally till sugar is dissolved. Then put into cask and add isinglass previously dissolved in a little warm water. Cover bunghole with folded cloth for 10 days. Then bung securely and allow to remain undisturbed for 12 months. Rack off into bottles and seal.

### ICED TEA

Two large teaspoons good tea,  $\frac{1}{2}$  cup orange juice, 1 pint boiling water, 1 teaspoon sugar, juice 1 lemon, crushed ice. Make tea with freshly boiled water, and allow to infuse for 4 minutes. Strain carefully into jug containing crushed ice, 1 teaspoon sugar and fruit juices. Chill and serve with sugar and thin lemon slices.

### TEA LEMONADE

Three teaspoons tea,  $1\frac{1}{2}$  cups boiling water,  $\frac{3}{4}$  cup lemon juice,  $\frac{3}{4}$  cup sugar, and 1 bottle dry ginger ale. Pour boiling water over tea, leave for 5 minutes. Strain, let cool. Add lemon juice and sugar, stir until sugar is dissolved. Add ginger ale and ice if possible.

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Use HANSELL'S MERINGUE WHIP in your cooking

### TEA PUNCH

One cup hot tea, 9 tablespoons orange juice, 4 tablespoons lemon juice, 4 tablespoons sugar, 1 pint ginger ale, 1 pint soda water, and if liked 3 tablespoons sherry. Pour the hot tea on the sugar, when dissolved add the orange and lemon juice. When cold add ginger ale, soda water, and sherry, also some shaved ice. Serve in glasses decorated with small sprigs of mint, or thin slices of orange.

### TOMATO JUICE

A small glass of tomato juice is an excellent start for breakfast, luncheon or dinner. Just cut up tomatoes roughly and put into saucepan with very little water. Cook on low heat until pulpy, stirring and mashing frequently. Then strain carefully, add salt and sugar to taste, and chill before serving.

### TOMATO JUICE COCKTAIL (1)

This can be just plain, from the can; or may be mixed with lemon juice (3 cups canned tomato juice, 1½ tablespoons lemon juice, ¾ teaspoon salt and 1½ teaspoons sugar).

### TOMATO JUICE COCKTAIL (2)

Two cups canned tomato juice, 1 tablespoon lemon juice, ½ teaspoon salt, 1 tablespoon sugar, 1 small onion sliced, 1 bay leaf, 1 piece celery, crushed a little, 1 teaspoon minced parsley, 1 tablespoon Worcester sauce; combine all ingredients and chill for some hours. Then strain and serve.

### TOMATO JUICE COCKTAIL (3)

Cut up 2 lb. ripe tomatoes with a clove of garlic, or an onion. Sprinkle with salt, infuse with 1½ pints boiling water. Set aside a couple of hours. Pass through very fine sieve, flavour to taste with pepper, salt, celery salt, lemon juice, 2 drops almond essence. Bottle and put on ice. Add a little hock if desired; may be thinned with soda water.

### TOMATO JUICE COCKTAIL (4)

One cup tomato juice, 1 tablespoon mild vinegar, a pinch of sugar, half a bay leaf, 1 slice onion, 1 tablespoon lemon juice, a little bruised celery stalk. Mix all together, stand 15 minutes, and strain through fine muslin.

### MINT SPICED TEA

Allow a teaspoon of tea for each person. Make tea in heated pot, allow 3 sprigs of fresh mint, 4 cloves,  $\frac{1}{4}$  stick cinnamon (or some powdered cinnamon) to each 4 cups boiling water.

### YEAST FRUIT COCKTAIL

Three parts fill a breakfast cup with hot water and sweeten to taste with honey, treacle, golden syrup or brown sugar. When dissolved, and the water cooled down to blood heat, sprinkle a heaped teaspoon of dried yeast on top of the water. Stir up and leave in a warm place for some hours (on a sunny window-sill, or a warm mantelshelf, or even just the warm kitchen if you are going to leave it all night). The warmer the place the more the yeast will work. When you are ready to drink it, stir it up well, and add any fruit juice you wish—either fresh juice, or from stewed rhubarb or other fruit—or from preserved fruit (peaches, plums, etc.). Americans even put tomato juice. This is an excellent cocktail, rich in Vitamins.

### WINE MAKING (General Directions)

First weigh fruit. Mash thoroughly. Put required water into barrel with same, which starts to ferment immediately. Stir several times daily for first few days, while fermentation is active. May be anything from 6 to 8 days before this ceases: Then strain through muslin bag, taking only a small quantity at a time so as to get the liquid out. (Where big quantities are made a press is used). Now measure quantity of liquid. Add required sugar. Let work for 3 weeks, stirring several times daily for first week, and at end of third week strain carefully, not to disturb sediment at bottom. Let stand again for 3 or 4 days. At this stage a day or two longer makes no difference. Strain again as before. Now taste, and if wine is not sweet enough dissolve some sugar in a little boiling water and make it to required sweetness before putting in keg. The keg can now be bunged, and put away for approximately 7 months, and the wine will mature through the wood. This seems to be the trouble with most people who make wine. They do not get required sweetness before putting in keg. All fruit should be picked during dry weather and not immediately after rain, especially blackberries. It is always advisable to keep a covering

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Use HANSELL'S JELLY CRYSTALS for best results

of some light material over top of wine while it is fermenting, as it attracts a lot of insects.

### **WINE MAKING (Hints on)**

All fruit that is over-ripe for any other purpose, makes good wine. The amount of sugar per gallon of water depends on the ripeness and sweetness of fruits. Nice sweet fruit requires about 3 lb. sugar per gallon. For average soft ripe plums use about  $3\frac{1}{2}$  lb. For blackberries  $3\frac{3}{4}$  lb.; for nice ripe grapes 3 lb. The colour of the wine varies with the variety of plum used. Xmas Cherry Plum makes a very pale coloured wine; small red Xmas plum a nice red wine. Satsuma plums make a muddy-coloured wine which appears not to have cleared properly. All other wines clear as they mature, and isinglass is not necessary.

Most people do not use enough fruit to the gallon of water. A reasonably good wine can be made by using 8 lb. of fruit to the gallon, but if fruit is plentiful, anything up to 12 lb. can be used. This equals half fruit juice and half water and makes a good heavy wine. Parsnip wine is the exception to this rule, as 3 lb. parsnips to 1 gallon of water is sufficient, and 3 lb. sugar to each gallon of liquid.

Never work wine in a tin or metal container owing to the chemical action on all metals by the acids contained in the fruits. Never let the wine get chilled during the period of fermentation. Never cork up tightly until all fermentation has ceased. If wine is properly worked out, it may be used in 1 month's time after corking up tightly, but the longer it is kept the more it improves.

### **WINE TURNING TO VINEGAR**

This happens if the fruit is not properly ripe, or if enough sugar has not been used. It has a dry harsh taste and resembles vinegar. This is generally irremediable. However, sometimes the following method is successful.

Experiment with one bottle first. Add to it 1 teaspoonful of sugar thoroughly dissolved, then taste. It may need 3 or more spoonfuls to the bottle before required sweetness is obtained. When the amount of sugar necessary for each bottle has been determined, empty all into big vessel and add required sugar. When this is thoroughly dissolved, re-bottle, but do not cork as fermentation will probably start again. Let it finish working before corking up.

## SWEETS AND TOFFEES

### ALMOND OR WALNUT CREAM TOFFEE

One pound of brown sugar, 2 oz. butter,  $\frac{1}{2}$  teacup good cream. Boil without stirring for about 20 minutes. Test by dropping into cold water. Blanch almonds and cut up, or cut up walnuts. Stir them in just before taking mixture from fire. Put in buttered moulds, or a dish.

### BARLEY SUGAR

Twelve ounces white sugar,  $\frac{1}{2}$  the white of an egg,  $\frac{1}{4}$  pint of water, 1 teaspoon lemon juice. Boil sugar, water and white of egg together, and when mixture begins to candy, add lemon juice. Boil quickly till mixture begins to candy again. Pour the mixture over a buttered dish; as it cools, cut in thin strips and twist.

### BROWN BETTY

Two cups of brown sugar, 1 cup milk, 1 tablespoon butter, 1 cup walnuts. Boil sugar, milk and butter for 20 minutes stirring nearly all the time. Now add crushed walnuts and boil 5 minutes. Take off fire, beat till thick. Pour on buttered dish, mark off in squares, set aside till cold. Really delicious.

### BUTTERSCOTCH (Old English)

One pound of Demarara sugar or brown sugar, 4 oz. butter, 1 tablespoon water, 2 oz. cream, a good pinch of cream of tartar. Dissolve sugar in the water, bring to the boil, then add cream of tartar. Continue boiling for 30 minutes without stirring. Take off fire and when it ceases to bubble, stir in cream and butter. Pour in buttered tins, mark in squares while warm, and when cold wrap in waxed paper. Store in airtight tins.

### BUSHMAN'S BUTTERSCOTCH

Butter a frying pan, and 2 large plates. Get pan hot and put in 4 cups of sugar. Make a hole in centre, and add 1 large tablespoon of butter, and one tablespoon of vinegar. Stir till like honey and free from lumps, and put in plates. Takes about 10 minutes.

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Use HANSELL'S PRODUCTS whenever possible

**BUTTERSCOTCH**

One and a half cups butter (or a little less), 1 cup molasses or golden syrup, 1 cup sugar, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon lemon essence, pinch of cream of tartar. Put all except essences into pot, stir till  $290^{\circ}$ , or until it will harden in cold water. Take off, add flavourings, put in buttered tins. When half cold, mark off, and when cold, break up.

**CHOCOLATE FUDGE**

Two cups of sugar,  $\frac{1}{2}$  cup milk,  $1\frac{1}{8}$  oz. butter, 1 dessertspoon cocoa, nuts as desired, vanilla. Put sugar, cocoa, milk and butter into a saucepan, and boil 10 minutes, not more, without stirring—but shake occasionally. Add nuts and vanilla, and beat to a stiff paste. Put into greased tin. Cut before quite cold. Just before taking up, add 1 tablespoon plain malt, and another cup of sugar, and don't boil any more.

**CHOCOLATE FUDGE**

Half a pound of sugar,  $\frac{1}{2}$  cup condensed milk,  $\frac{1}{2}$  cup water, 2 oz. chocolate, vanilla flavouring. Grate chocolate and add to sugar, milk and water. Place over slow heat and do not stir. Add small teaspoon vanilla essence, cool, then beat till it hardens. Put into a greased tin and cut into neat squares.

**CHOCOLATE FUDGE**

Two ounces of butter, 2 cups of sugar,  $\frac{1}{2}$  cup milk. Boil together for 5 minutes. Add 2 tablespoons of cocoa. Boil for 10 minutes. Take off stove, and add a few walnuts with 1 teaspoon vanilla essence. Beat for a little and pour into buttered tin.

**COCONUT ICE**

One pound of sugar, 1 cup milk,  $\frac{1}{2}$  lb. desiccated coconut. Put sugar and milk into pan. Boil 3 minutes. Remove from fire and stir in coconut thoroughly. Place greaseproof paper in tin and pour in mixture. Use cochineal if pink is required.

**COCONUT ICE**

Three cups sugar, 2 cups coconut, 1 cup milk, piece of butter size of walnut. Boil all together 12 minutes. Stir a little before pouring out.

## FUDGE WITH CONDENSED MILK (No butter)

Mix 2 cups sugar with 1 cup water in a large saucepan, and bring to the boil. Add one cup sweetened condensed milk, and boil on low heat till the mixture will form a firm ball when tested in cold water. Stir constantly to prevent burning. Remove from heat, and add as much chocolate cut into small pieces as desired; also a cup of chopped walnuts. Beat until thick and creamy. Pour into buttered tin or plate. Cut into squares when cool.

## FROSTED PEANUTS

One pound sugar,  $\frac{1}{2}$  teaspoon cream of tartar, essence to taste, 1 cup water, 2 cups shelled peanuts. Bring sugar and water to boiling point, stir in cream of tartar, and boil to "soft ball" stage. Add peanuts and boil about 1 minute. Take off fire, add essence. Beat mixture till thick and sugary. Pour on flat dish rinsed with water. Separate peanuts and leave to cool. May be coloured pink, and flavoured with different flavourings.

## HOKEY POKEY (1)

Three tablespoons water, 2 tablespoons golden syrup, 2 tablespoons sugar, 1 teaspoon bicarbonate soda. Boil all together except soda, same method as plain toffee, till it hardens in water. Then add the soda. Stir quickly. Pour into buttered dish.

## HOKEY POKEY (2)

Two breakfast cups sugar, 1 breakfast cup water, few drops vinegar. Stir over fire till sugar dissolves, then let it boil quickly without stirring. When slightly brown take off fire and add  $\frac{1}{2}$  teaspoon baking soda. Put into buttered tins.

## HOKEY POKEY (3)

One cup sugar, 3 cups golden syrup,  $\frac{1}{4}$  cup water, 1 teaspoon lemon essence, 1 teaspoon baking soda. Cook sugar, syrup and water to  $265^{\circ}$ . Add essence and soda and stir well. Pour into buttered tin. Cool quickly and break into pieces.

## MICE

Take some fat soft prunes, slit them one end, and remove the stone. Stuff with almond, or cream cheese, or anything liked. Put in a strip of liquorice from a liquorice strap, and press the

opening shut, thus securing his tail firmly. Press the front to look like little mice—a nose, with two little bits of liquorice for ears, and silver cachous for eyes. Arrange on pedestal dish with tails hanging down, their noses towards a piece of cheese in the centre.

### MALT TOFFEE

Melt 1 tablespoon of butter and 1 tablespoon of vinegar, and add 2 breakfast cups of sugar. Stir quickly and when the sugar is melted, add 1 tablespoon of malt. Test in cold water until it snaps. It cooks in a very short time, and burns easily.

### PEANUT BRITTLE

Allow  $\frac{1}{2}$  pint roasted peanuts to 1 lb. sugar,  $\frac{1}{2}$  teaspoon baking powder. Melt the sugar over a gentle heat, stirring all the time. At boiling point add baking powder dissolved in a little warm water. When syrup is clear, put in nuts (roughly chopped). Pour into a greased shallow tin. It should be very thin and crisp and is snapped into irregular pieces when set (not phosphate powder).

### PEANUT BUTTER FUDGE

One cup sweetened condensed milk,  $3\frac{1}{2}$  cups icing sugar, 3 tablespoons peanut butter, 1 teaspoon vanilla. Put the milk in a double boiler with peanut butter, and cook about 3 minutes until nicely blended. Take off, add vanilla, and sifted icing sugar. Pour into buttered plate.

### POPCORN

Melt 2 tablespoons shortening or butter, or heat the same amount of oil in a skillet, or shallow pan. Then add  $\frac{1}{2}$  cup popcorn, cover and shake the skillet over the heat until the corn is popped. One cup of corn yields about 5 cups of corn after it is popped.

### POPCORN (Caramel)

One cup granulated sugar,  $\frac{3}{4}$  cup hot water, 3 quarts popped corn,  $\frac{1}{2}$  cup brown sugar, firmly packed. Heat the granulated sugar in a saucepan, stirring constantly until it is melted, and of

a golden brown colour. Add the hot water very carefully to avoid spattering and stir until the sugar is dissolved. Add the brown sugar and cook to 238° or until a little of the syrup dropped in cold water forms a soft ball. Pour over the popped corn which has been slightly salted, stirring until corn is well coated. Serve hot or cold, or shaped in balls.

### SALTED NUTS

Put into a frying pan half butter and half olive oil. Do not have this fat too deep. It must be cooked over an asbestos mat, or else the fat and nuts will burn. Drop in the nuts when the fat is hot, and then a handful of salt. Shake the pan so that the nuts will not stick and be burnt. When they are brown and done, strain them through a strainer. The salt will crystallise out again on to the nuts as they dry; shake off the superfluous salt, and eat.

### TOFFEE

Half a pound of sugar, 2 oz. butter,  $\frac{1}{2}$  teaspoon vinegar, 2 dessertspoons golden syrup. Put in pan, stir occasionally. Boil about 20 minutes. Pour into greased tin.

### TOFFEE (Russian)

Melt  $1\frac{1}{2}$  oz. butter, add  $\frac{1}{2}$  lb. sugar and 1 tin condensed milk. Stir and boil  $\frac{1}{4}$  hour. Before pouring into a greased dish, add 1 teaspoon vanilla essence.

### TOFFEE APPLES

Wash and thoroughly dry apples. Carefully insert skewer in the core. Could get skewers from the butcher. Apples must be dipped in the toffee (see below) while still boiling. Turn gas very low, under saucepan, or draw to side of stove if fuel stove. Place sticks upwards, on greased dish, to dry.

**THE TOFFEE:** Three cups sugar, 3 tablespoons vinegar, 1 tablespoon butter,  $\frac{1}{3}$  cup cold water, and (important) a good pinch of alum or cream of tartar. Test by dropping a little into cold water, when little drops fall from spoon, and snap in cold water. If apples are greenish put a drop of red colouring in the toffee.

### TOFFEE APPLES (For Bazaars etc.)

Put into good-sized saucepan: 12 breakfast cups sugar, 6 breakfast cups water and 2 lb. glucose. Wet hands well with cold water before handling glucose. Boil to 300° (this is essential). Just before it reaches 300° add rose colouring. Have your apples cleaned and sticks ready. Have everything handy and as soon as 300° is reached turn the gas low and dip the apples into the toffee mixture. Have greased trays ready and stand on this to cool. This recipe does nearly a 40 lb. case of apples; they keep well for nearly a whole day before they become sticky. Any manufacturer of sweets would allow you to buy the colouring and glucose.

2. Three cups sugar, 1 tablespoon butter,  $\frac{1}{4}$  cup water, 1 tablespoon vinegar,  $\frac{1}{2}$  teaspoon cream of tartar (this is the secret of making toffee for toffee apples). Have the apples washed and ready on sticks. Dip quickly into toffee which has been boiled without stirring until a little dropped in cold water goes brittle—about 20 minutes. Place apples on a large well greased dish.

### TOFFEE APPLES

Boil till crackly 1 cup each of brown and white sugar, and  $\frac{1}{2}$  cup each of water and vinegar. Remove from heat and dip in apples on skewers. Dry. Wrap in greaseproof paper.

### TOFFEE APPLES

One cup golden syrup, 1 cup sugar. Put in deep pan over slow heat. Stir till dissolved. Let boil unstirred until a few drops become brittle in the water. Dip apples in. Should be enough for 12 medium apples. A little alum may be added if liked.

### TURKISH DELIGHT

Four dessertspoons gelatine, 2 cups sugar (1 lb.), 1 cup hot water, very small teaspoon citric acid, flavouring and colouring. Place gelatine, sugar, acid and water in pan, and stir till dissolved. Boil 20 minutes. Do not stir after it boils. Remove from fire and allow to cool for 10 minutes. Divide the mixture, colouring one half pink. Flavour pink half with vanilla and the white half with

Use HANSELL'S FOOD COLOURINGS in your cooking

mond or lemon. Grease 2 flat dishes, and pour mixture in. Leave at least 24 hours. Cut into squares, and roll in mixture of icing sugar and cornflour.

### WALNUT CREAM TOFFEE

One pound of brown sugar,  $\frac{1}{2}$  teacup good cream, 2 oz. butter. Heat without stirring about 20 minutes. Test by dropping in cold water. Add just before taking up, and stir in, chopped walnuts, or chopped blanched almonds. Put in buttered dish.

### FOR THE INEXPERIENCED HOUSEWIFE WEIGHTS AND MEASURES

|   |        |                                   |
|---|--------|-----------------------------------|
| 3 oz. Butter  | equals | 1 breakfast cup packed solidly.   |
| 1 oz. ,,,   | "      | $1\frac{1}{2}$ level tablespoons. |
| It is easy to divide a pound of butter into sections. |        |                                   |
| 6 oz. Flour   | equals | 1 level breakfast cup.            |
| 8 oz. ,,"   | "      | 1 heaped breakfast cup.           |
| 4 oz. ,"  | "      | 1 level teacup.                   |
| 1 lb. ,"  | "      | 4 level teacups.                  |
| 1 oz. ,"  | "      | 3 level tablespoons.              |
| $\frac{1}{2}$ oz. ,"                                  | "      | $1\frac{1}{2}$ level tablespoons. |
| 8 oz. Sugar   | "      | 1 level breakfast cup.            |
| 6 oz. ,"  | "      | 1 level teacup.                   |
| 1 oz. ,"  | "      | $1\frac{1}{2}$ level tablespoons. |
| 7 oz. Castor Sugar                                    | "      | 1 level breakfast cup.            |
| 1 oz. ,,"   | "      | 2 level tablespoons.              |
| 1 oz. Honey   | "      | 1 level tablespoon.               |
| 1 oz. Salt  | "      | 1 level tablespoon.               |
| 1 oz. Cornflour                                       | "      | 2 level tablespoons.              |
| 1 oz. Rice  | "      | 2 level tablespoons.              |
| 1 oz. Sago  | "      | 2 level tablespoons.              |
| $\frac{1}{2}$ pint Liquid                             | "      | 1 breakfast cup.                  |

1 lb. Fruit boiled to pulp for Jams and Jellies equals 2 breakfast cups.

Highlander Sweetened Condensed Milk Tin holds approximately 6 oz. flour.

# LIST OF WATKINS PRODUCTS

## FOOD PRODUCTS

### DESSERTS

Chocolate  
Coconut  
Vanilla  
Lemon  
Tapioca

### EXTRACTS AND FLAVOURS

Almond  
Banana  
Lemon  
Orange  
Pineapple  
Raspberry  
Rum  
Strawberry  
Vanilla, double strength Imitation  
Vanilla, Vanillan and Coumarin  
Green Red and Yellow Colours  
Jellies

### SPICES

Celery Salt  
Cassia  
Curry  
Cloves  
Ginger  
Onion Seasoning  
Prepared Mustard

## MEDICINAL PREPARATIONS

Antiseptic Foot Powder  
Acotin Tablets  
Corn Salve  
Cough Balsam  
Cream of Camphor Liniment  
Ephedrine Nasal Jelly  
Herb Tablets  
Inhalant  
Kidney Tablets  
Laxative Syrup  
Laxative Cold and Flu Tablets  
Liniment  
Menthol Camphor Ointment  
Magnesia Tablets  
Mustard-On. (Ointment)  
Petro Carbo Salve

## COSMETIC AND TOILET PREPARATIONS

Bath Salts  
Deodorant Powder  
Eau de Cologne  
Coconut Oil Shampoo  
Hair Dressing Liquid  
Scalp Tonic  
Brillantine Plus  
Perfumes

### FACE CREAMS

All Purpose Cream  
Cold Cream  
Vanishing Cream  
Lemon Cleansing Cream

### FACE POWDERS

Brunette  
Peach  
Natural

### LOTIONS

Face Lotion  
Hand Lotion  
Lemon Lotion

### LIPSTICKS

Light Shade  
Coral Shade  
Rose Shade  
Tahitian Red Shade  
Dark Shade

### ROUGE

Mid Red, Rose Coral

### SOAPS AND TALCUMS

Mary King Talc.  
Violet Talcum  
Green Palm Soap  
Sanisope  
Mouth Wash  
Tooth Paste  
Shaving Cream  
Tooth Brushes

## HOUSEHOLD PRODUCTS

Cleanser Household Oil  
Watkins Polish Liquid Cleaner  
Fly Spray Disinfectant

# WATKINS COLOUR CHART

|                   |    |               |    |    |                           |
|-------------------|----|---------------|----|----|---------------------------|
| <b>YELLOW</b>     | .. | Yellow Colour | .. | .. | 3 drops                   |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
| <b>ORANGE</b>     | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | $\frac{1}{2}$ teaspoonful |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>PALE PINK</b>  | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Water ..      | .. | .. | 3 teaspoonfuls            |
| <b>BROWN</b>      | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Green Colour  | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | 3 drops                   |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>APRICOT</b>    | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | $\frac{1}{2}$ teaspoonful |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
| <b>MAIZE</b>      | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | 6 drops                   |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
| <b>CINNAMON</b>   | .. | Green Colour  | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | 4 drops                   |
|                   |    | Red Colour    | .. | .. | 2 drops                   |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>GREY</b>       | .. | Green Colour  | .. | .. | 2 drops                   |
|                   |    | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
|                   |    | Yellow Colour | .. | .. | 1 drop                    |
| <b>LIME GREEN</b> | .. | Green Colour  | .. | .. | 2 drops                   |
|                   |    | Yellow Colour | .. | .. | 4 drops                   |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
| <b>SALMON</b>     | .. | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Yellow Colour | .. | .. | 10 drops                  |
|                   |    | Water ..      | .. | .. | 1 teaspoonful             |
| <b>PALE GREEN</b> | .. | Green Colour  | .. | .. | 2 drops                   |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>PLUM</b>       | .. | Red Colour    | .. | .. | 3 drops                   |
|                   |    | Green Colour  | .. | .. | 1 drop                    |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>PINK</b>       | .. | Red Colour    | .. | .. | 4 drops                   |
|                   |    | Water ..      | .. | .. | $1\frac{1}{2}$ teaspoons  |
| <b>TOMATO RED</b> | .. | Yellow Colour | .. | .. | 3 drops                   |
|                   |    | Red Colour    | .. | .. | 3 drops                   |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |
| <b>SAGE GREEN</b> | .. | Yellow Colour | .. | .. | 3 drops                   |
|                   |    | Green Colour  | .. | .. | 3 drops                   |
|                   |    | Red Colour    | .. | .. | 1 drop                    |
|                   |    | Water ..      | .. | .. | $\frac{1}{2}$ teaspoonful |

These colours were made according to the amounts shown and were mixed with a teaspoonful of cornflour. Almost any desired shade can be obtained by careful mixing of varying amounts of each colour.